



YOWZA FITNESS

BONITA

**Assembly Instructions
and
Owners Manual**

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Yowza Technical Support

877-969-9240

Enter Serial Number: _____

Enter Original Sales Order # _____

Purchase Date: _____

PRECAUTIONS

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 300lbs/136kg, it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

BEFORE YOU BEGIN

Before assembling or using the exercise cycle, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

Product-Scope: This product is made for home use only and tested up to a maximum body weight of 300lbs/136kg.

Product-Performance: This ergometer is speed independent, i.e. the performance is independent from pedal frequency.

Product-Feature: The resistance can be changed by the computer.

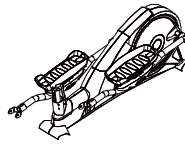
- Use-Scope: The exerciser may not be used by persons with a weight of over 300lbs/136kg.
- Use-Scope: This product is designed for the physical exercise by adults. Please ensure that children only use it under the supervision of an adult.
- Use-Environment: Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Use-Environment: Ensure that sufficient space is available to use the home exerciser.
- Use-Environment: Place the home exerciser on an even, non-slippery surface.
- Use-Environment: Please ensure that liquids or perspiration never enter the machine or electronic.
- Use-Environment: Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage or covered patio, or near water.
- Use-Environment: The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial purposes.
- User-Health: Consult your physician before starting with any exercise programs to receive advice on the optimal training.
- User-Health: Incorrect/excessive training can cause health injuries.
- User-Health: If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, immediately stop the training and consult your physician.
- Product-Preparation: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- Product-Preparation: Follow the steps of the assembly instruction carefully.
- Product-Preparation: Only use suitable tools for assembly and ask for assistance if necessary.
- Product-Preparation: Only use original Yowza parts as delivered (see checklist).
- Use-Preparation: Tighten all adjustable parts to prevent sudden movement while training.
- Use-Instruction: Please follow the advice to correct training as detailed in the training instructions.
- Use-Instruction: Do not use the home exerciser without shoes or loose shoes.
- Use-Safety: Be aware of non-fixed or moving parts whilst mounting or dismounting the home exerciser.
- Use-Safety: Use the height adjustment caps on the rear tube to ensure stable position of the home exerciser.
- Use-Safety: Make sure the front wheels are placed in the correct position: see assembly instruction.
- Product-Power-Safety: The unit requires a power supply of 100V – 125V / 50-60Hz. It should be connected to a safety socket with a single 10A fuse. Before commissioning the appliance pay attention to the fact that the correct plug-in power supply unit (observe marking) has been connected properly
- Product-Maintenance: If the equipment is in regular use, check all its components thoroughly every 1 – 2 month. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done.
- Product-Maintenance: Only use original Yowza spare parts.
- Product-Maintenance: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

No.	Description	Qty.
A1	Main Frame Assembly	1
A2	Console Upright Assembly	1
A3	Console Assembly	1
301	Front Stabilizer Tube Assembly	1
302	Rear Stabilizer Tube Assembly	1
110	Handlebar cover	2
206	Water Bottle Holder	1
217	Console Upright Insert	2
409	Front Foot Plate Tube Front Cover- Upper	2
410	Front Foot Plate Tube Front Cover- Lower	2
412	Rear Foot Plate Tube Rear Cover- Lower	2
413	Rear Foot Plate Tube Rear Cover- Upper	2
E	Adapter	1

A1



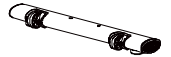
A2



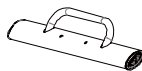
A3



301



302



110



206



217



409



410



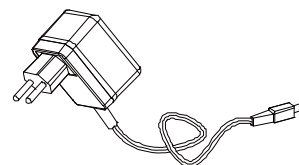
413



412



E



SUPPLIED HARDWARE

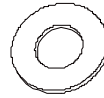
This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
817	M4X15 Screw	12
821	Ø8X17X1.5 Washer	4
822	M8X45 Screw	4
853	M6X10 Screw	4
854	Ø6X10X1 Washer	4
856	M4.2X16mm Screw	2
860	M8X18mm Screw	2
866	Ø8X23 X2 Washer	2
414	Foot Plate Tube Sleeve M10x68mm	2
A	6mm Allen Key – L	1
B	5mm Allen Key – L	1
C	Screwdriver	1
D	5mm Allen Wrench	1
F	13&15 Wrench	1

817



821



822



853



856



860



866



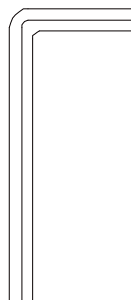
414



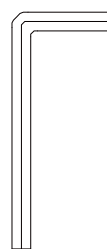
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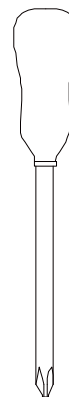
A



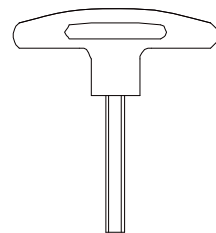
B



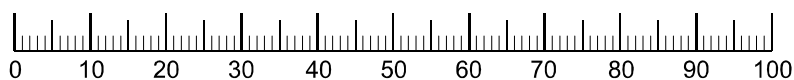
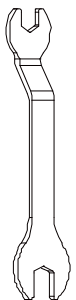
C



D



F



MILLIMETERS

PART LIST

Item No.	Description	Qty.	Part No.
BONITA-100			
101	I-pod plate	1	BONITA-101
102	Overlay	1	BONITA-102
103	Computer insert plate	1	BONITA-103
104	loudspeaker	2	BONITA-104
105	PC board	1	BONITA-105
106	Computer upper cover	1	BONITA-106
107	Computer lower cover	1	BONITA-107
108	Computer cover-left	1	BONITA-108
109	Computer cover-right	1	BONITA-109
110	Handlebar cover	2	BONITA-110
111	I-pod Cushion	1	BONITA-111
112	IPOD roller bracket	2	BONITA-112
BONITA-200			
201	Action handlebar end cap	2	BONITA-201
202	6804 Bearing	4	BONITA-202
203	Handlebar-left	1	BONITA-203
204	Handlebar-right	1	BONITA-204
205	Action handlebar gear wheel	2	BONITA-205
206	Water Bottle Holder	1	BONITA-206
207	6905 Bearing	4	BONITA-207
208	Sleeve ID25.4XOD30.4X6	2	BONITA-208
209	Action handlebar side gear wheel	2	BONITA-209
210	Lower Handlebar -Left	1	BONITA-210
211	Lower Handlebar-Right	1	BONITA-211
212	Upright	1	BONITA-212
214	6000 Bearing	4	BONITA-214
215	Lower handlebar bushing ID26XOD34XT13	4	BONITA-215
216	Fixed handlebar end cap	2	BONITA-216
217	Console Upright Insert	2	BONITA-217
218	Bearing sleeve ID20XOD32X7.2	2	BONITA-218
219	Foam grip	2	BONITA-219
220	Handle pluse sensor cover-upper	2	BONITA-220
221	Handle pluse sensor cover-lower	2	BONITA-221
222	Lower Handlebar Bearing Sleeve ID11XOD13X36	2	BONITA-222
223	Foam grip 24X3X10	2	BONITA-223
224	Action handlebar end cap-Right	1	BONITA-224
BONITA-300			
301	Front Stabilizer Tube	1	BONITA-301
302	Rear Stabilizer Tube	1	BONITA-302
303	Transportation Wheel Set	2	BONITA-303
304	Front Stabilizer Tube End Cap	4	BONITA-304
305	Front Stabilizer Tube Foot	2	BONITA-305
308	Rear Stabilizer Tube Adjustment Foot	2	BONITA-308
310	6004 Bearing	2	BONITA-310

PART LIST

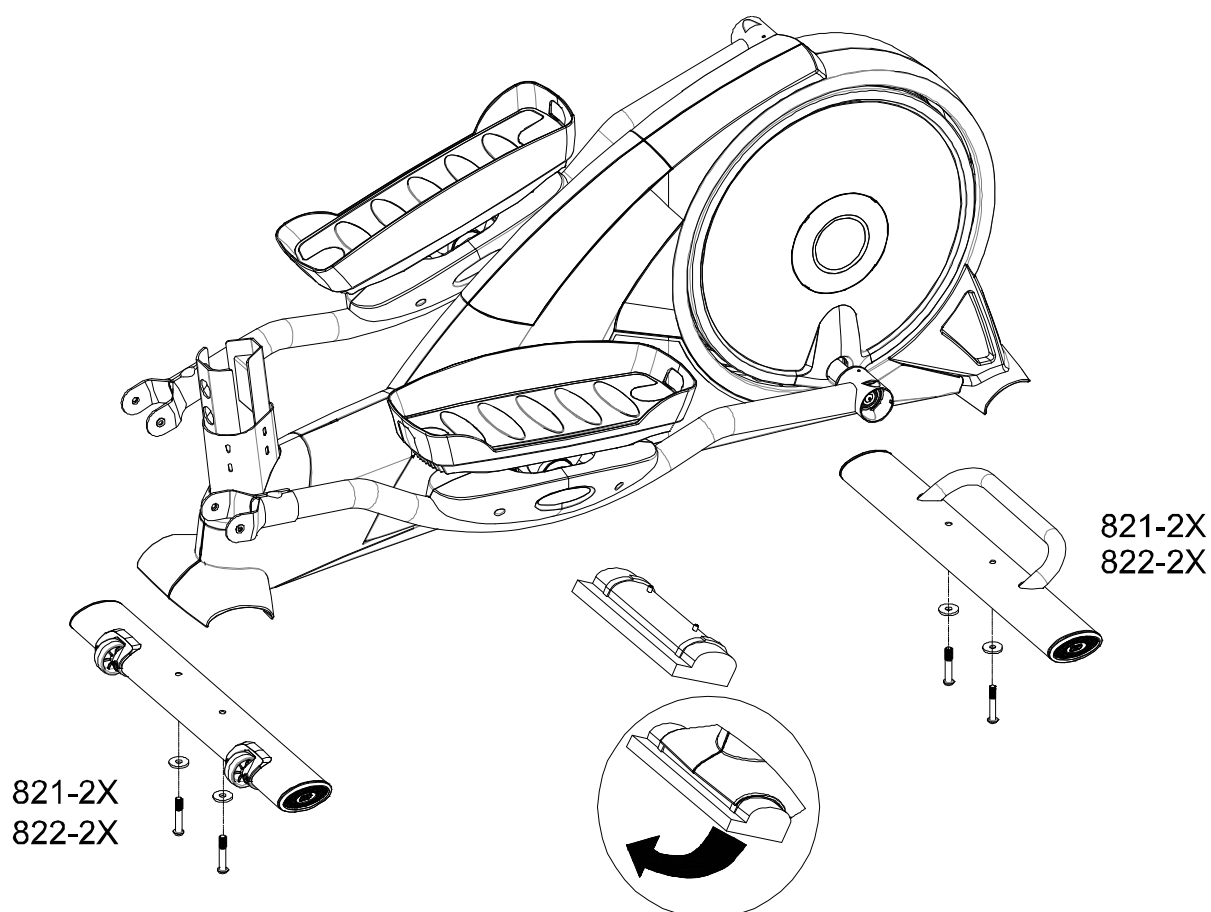
Item No.	Description	Qty.	Part No.
311	Chain Cover Location Cap	2	BONITA-311
312	Main frame Bearing Sleeve 21x29x33.5	1	BONITA-312
313	Speed Sensor Holder	1	BONITA-313
317	Main Frame	1	BONITA-317
318	Driving Belt Pulley	1	BONITA-318
319	Flywheel Axle M10X100.8	1	BONITA-319
320	Flywheel Ring-shaped Holder	1	BONITA-320
321	Aluminium Disk OD310X3	1	BONITA-321
322	Flywheel	1	BONITA-322
323	Flywheel D-shaped Holder	1	BONITA-323
324	Magnet bracket	1	BONITA-324
328	Tension Bracket Adjustment Base	1	BONITA-328
329	Foot Plate Crank arm assembly	2	BONITA-329
330	Crank Shaft Plate	2	BONITA-330
331	Driving Belt large pulley	1	BONITA-331
332	Driving Belt	1	BONITA-332
333	Crank Shaft	1	BONITA-333
334	6300 Bearing	2	BONITA-334
BONITA-400			
401	Foot Plate- Left	1	BONITA-401
402	Foot Plate- Right	1	BONITA-402
403	Pedal Soft Cushion	2	BONITA-403
404	Pedal Fixing Base	2	BONITA-404
405	Pedal Buffer Set	1	BONITA-405
406	Pedal Support Base	1	BONITA-406
407	Buffer Set Sleeve	4	BONITA-407
408	608WN Bearing	8	BONITA-408
409	Front Foot Plate Tube front Cover- Upper	2	BONITA-409
410	Front Foot Plate Tube Front Cover- Lower	2	BONITA-410
412	Rear Foot Plate Tube Rear Cover- Lower	2	BONITA-412
413	Rear Foot Plate Tube Rear Cover- Upper	2	BONITA-413
414	Foot Plate Tube Sleeve M10x68mm	2	BONITA-414
415	Foot Plate Tube- Left	1	BONITA-415
416	Foot Plate Tube- Right	1	BONITA-416
417	Foot Plate Cover	4	BONITA-417
418	Adjustable 2203 Bearing	2	BONITA-418
419	Ø18 Bearing Bushing	2	BONITA-419
420	Pedal buffer set axle fix plate	2	BONITA-420
421	Pedal cushion M5.5X25X45	4	BONITA-421
BONITA-500			
501	Front Chain Cover- Left	1	BONITA-501
502	Front Chain Cover- Right	1	BONITA-502
503	Upright Lower Cover	1	BONITA-503
504	Main Chain Cover- Left	1	BONITA-504
505	Main Chain Cover- Right	1	BONITA-505
506	Left Side Chain Cover- Rear	1	BONITA-506
507	Right Side Chain Cover- Rear	1	BONITA-507
508	Left Side Chain Cover- Front	1	BONITA-508

PART LIST

Item No.	Description	Qty.	Part No.
509	Right Side Chain Cover-Front	1	BONITA-509
510	Crank Disk	1	BONITA-510
511	Side Cover Ring	1	BONITA-511
512	Switch Board Plastic Cover	1	BONITA-512
513	Switch Board	1	BONITA-513
BONITA-600			
602	8pin wire-Middle 1250	1	BONITA-602
605	8pin wire-Lower 1350	1	BONITA-605
611	Motor	1	BONITA-611
621	Hand pulse wire-lower 1000	2	BONITA-621
622	Speed sensor wire 1000	1	BONITA-622
632	Power wire	1	BONITA-632
BONITA-800			
801	M8x20 Screw	2	BONITA-801
802	ID8XOD27X2 Washer	2	BONITA-802
803	M6X20 Screw	6	BONITA-803
804	Ø6X10X1 Washer	6	BONITA-804
805	M20 C-clip	2	BONITA-805
806	Ø20X30X2 Washer	2	BONITA-806
807	Curve washer 20.7X29.1X0.3	4	BONITA-807
808	Washer ID20XOD27X2	4	BONITA-808
809	M6X32X15 Bolt	6	BONITA-809
810	M6 Nut	6	BONITA-810
811	M8X15 Screw	2	BONITA-811
812	Ø8X14X2 Spring washer	2	BONITA-812
813	ID8XOD30X2 Washer	2	BONITA-813
814	M5X7 Screw	2	BONITA-814
815	M4X8 Screw	4	BONITA-815
816	M4.2x15 Screw	2	BONITA-816
817	M4X15 Screw	53	BONITA-817
818	Plastic Insert	12	BONITA-818
819	M12X50 upright fixed bolt	2	BONITA-819
820	M3X14 Screw	4	BONITA-820
821	Ø8X17x1.5 Washer	10	BONITA-821
822	M8X45 Screw	4	BONITA-822
823	M10X78X23CAP Allen Head Screw	1	BONITA-823
824	M8X70 Column head Screw	1	BONITA-824

COMPUTER OPERATION


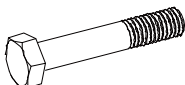
Item No.	Description	Qty.	Part No.
825	Ø 10X26X2 Washer	2	BONITA-825
826	M8 Thin nut	6	BONITA-826
827	M5X14 Screw	4	BONITA-827
828	M6 Nylon Nut	2	BONITA-828
829	Tension spring ϕ 1.5X15X25X5	1	BONITA-829
830	M6X38mm Hex Screw	1	BONITA-830
831	M6X14mm Screw	2	BONITA-831
832	Ø6.4X24 x2 Washer	2	BONITA-832
833	M6X15 Screw	6	BONITA-833
834	M5X30mm Screw	4	BONITA-834
835	M8X15mm Screw	6	BONITA-835
836	M8X30 Allen Head Bolt	2	BONITA-836
837	M4X45mm Tighten Screw	1	BONITA-837
838	M10 Nylon Nut	1	BONITA-838
839	Ø10X20 Washer	2	BONITA-839
840	Tension Pulley Bracket Bolt M10x39	1	BONITA-840
841	M5X8mm Screw	2	BONITA-841
842	M6X6mm Screw	4	BONITA-842
843	M10 Convex platform screw	1	BONITA-843
844	M10 Thin nut	2	BONITA-844
845	M10 clip	1	BONITA-845
846	Ø8 Spring Washer	4	BONITA-846
847	M6x12mm Screw	8	BONITA-847
848	M8X20 CAP Allen Head Screw	2	BONITA-848
849	M8x12 Allen Head Screw	32	BONITA-849
850	M8x90m Allen Head Screw	4	BONITA-850
851	M8 Nylon Nut	6	BONITA-851
853	M6x10mm Screw	4	BONITA-853
854	Ø6 Washer	4	BONITA-854
855	M4X12mm Screw	8	BONITA-855
856	M4.2X16mm Screw	6	BONITA-856
857	Chain Cover Cliper 21x13x0.7mm	6	BONITA-857
858	M4x12mm screw	2	BONITA-858
859	Cliper 1.2x28	1	BONITA-859
860	M8X18mm Screw	2	BONITA-860
861	M6x15mm screw	2	BONITA-861
862	Computer cover cliper 21X13X0.7	2	BONITA-862
863	Cliper OD7X10X24	4	BONITA-863
864	Cliper OD12X12X31	3	BONITA-864
866	Ø8X23 X2 Washer	2	BONITA-866
867	ID20XOD30X2 washer	2	BONITA-867
868	OD6X12-9X1.6 plastic insert	6	BONITA-868
869	M5X22 Screw	4	BONITA-869

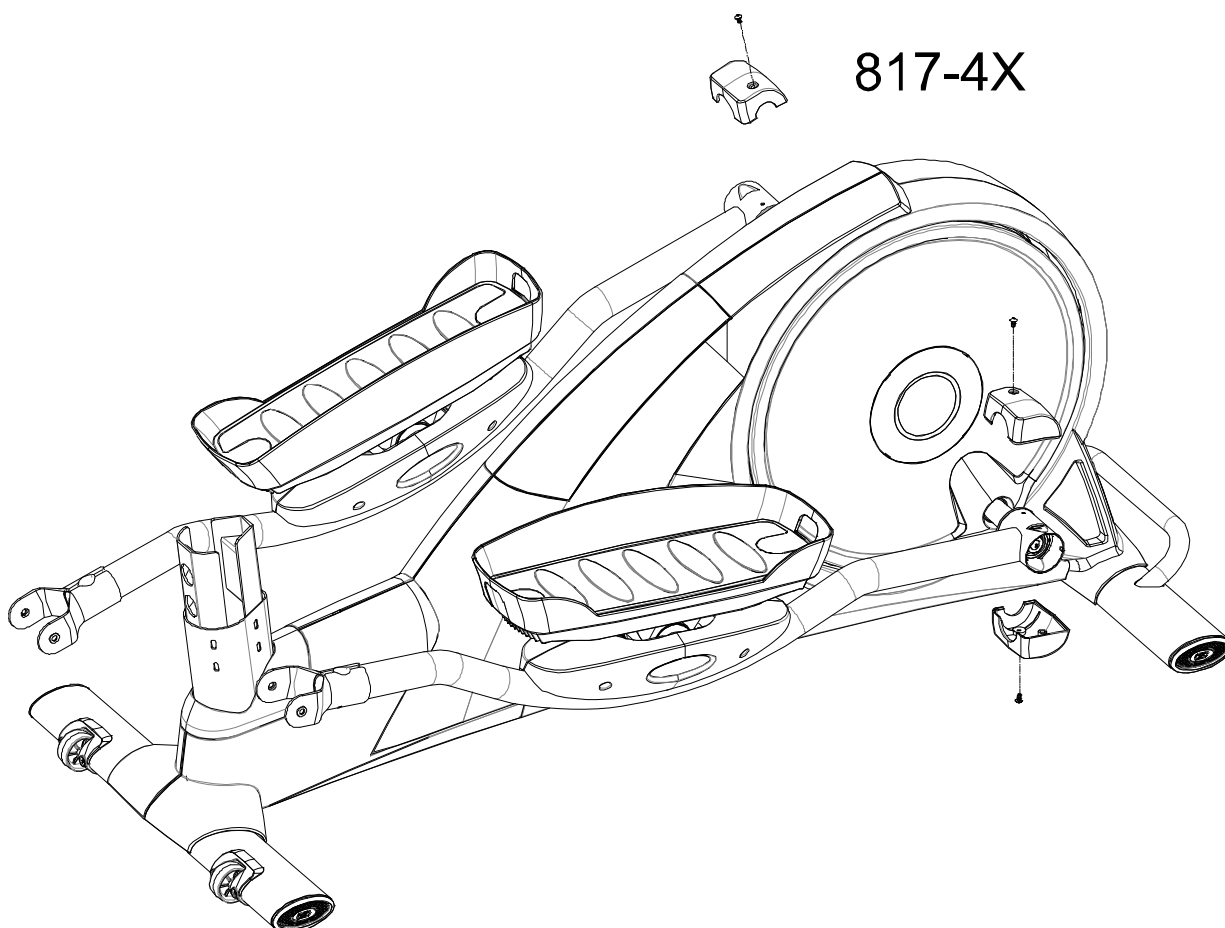
STEP1 ASSEMBLY

STEP1-A). Remove the Main Frame Holder, and discard.

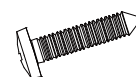
STEP1-B). Attach the Front Stabilizer Tube Assembly to the main frame and securing using M8x45mm Screw (822) with 8x17x1.5mm Washer (821)

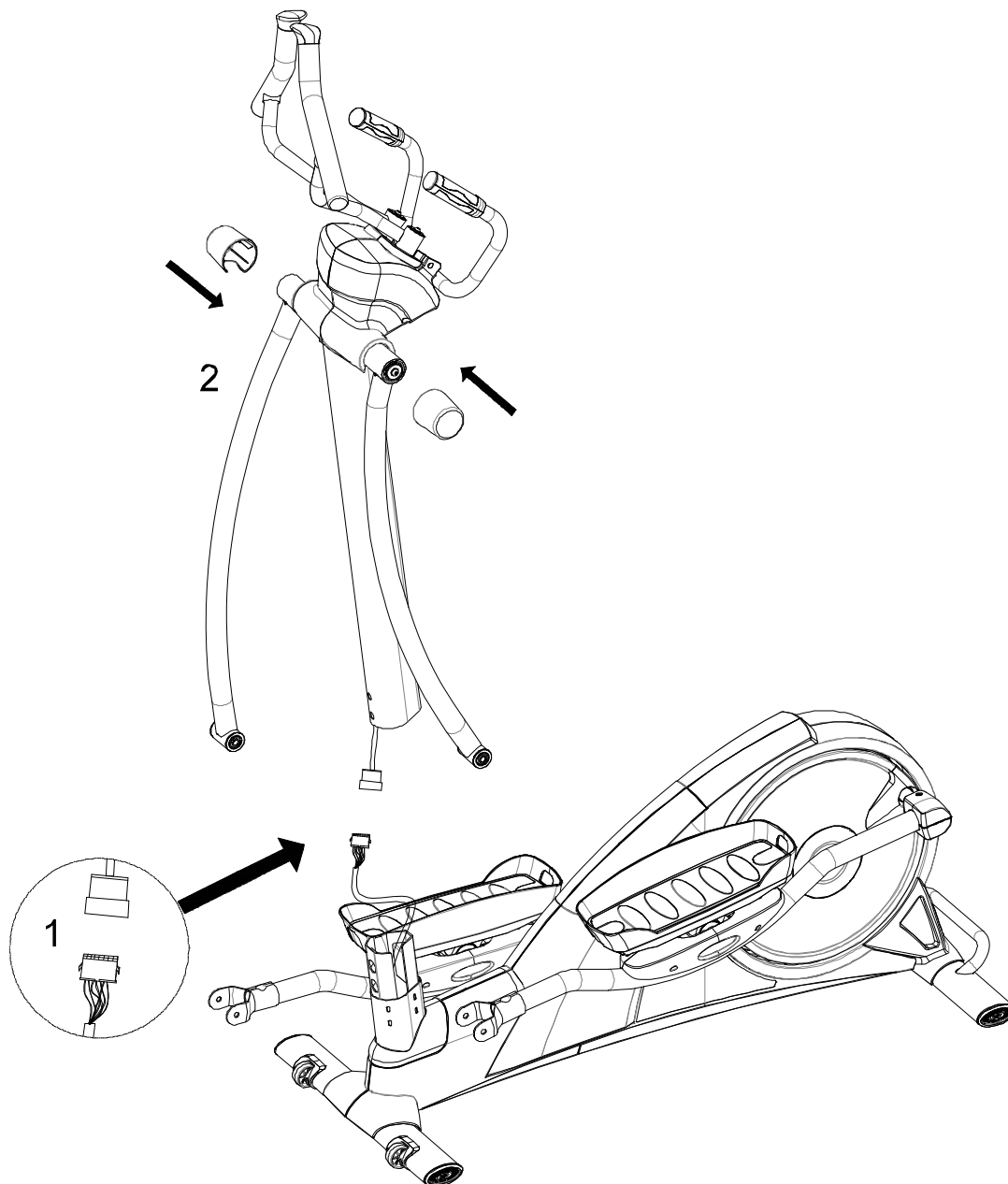
Repeat the above procedure to assemble the Rear side.

821	X4	
822	X4	

STEP2 ASSEMBLY

STEP2-A). Attach the Rear Foot Plate Tube Rear Cover (412, 413) and secure using 4x15mm Screw (817).

817**X4**

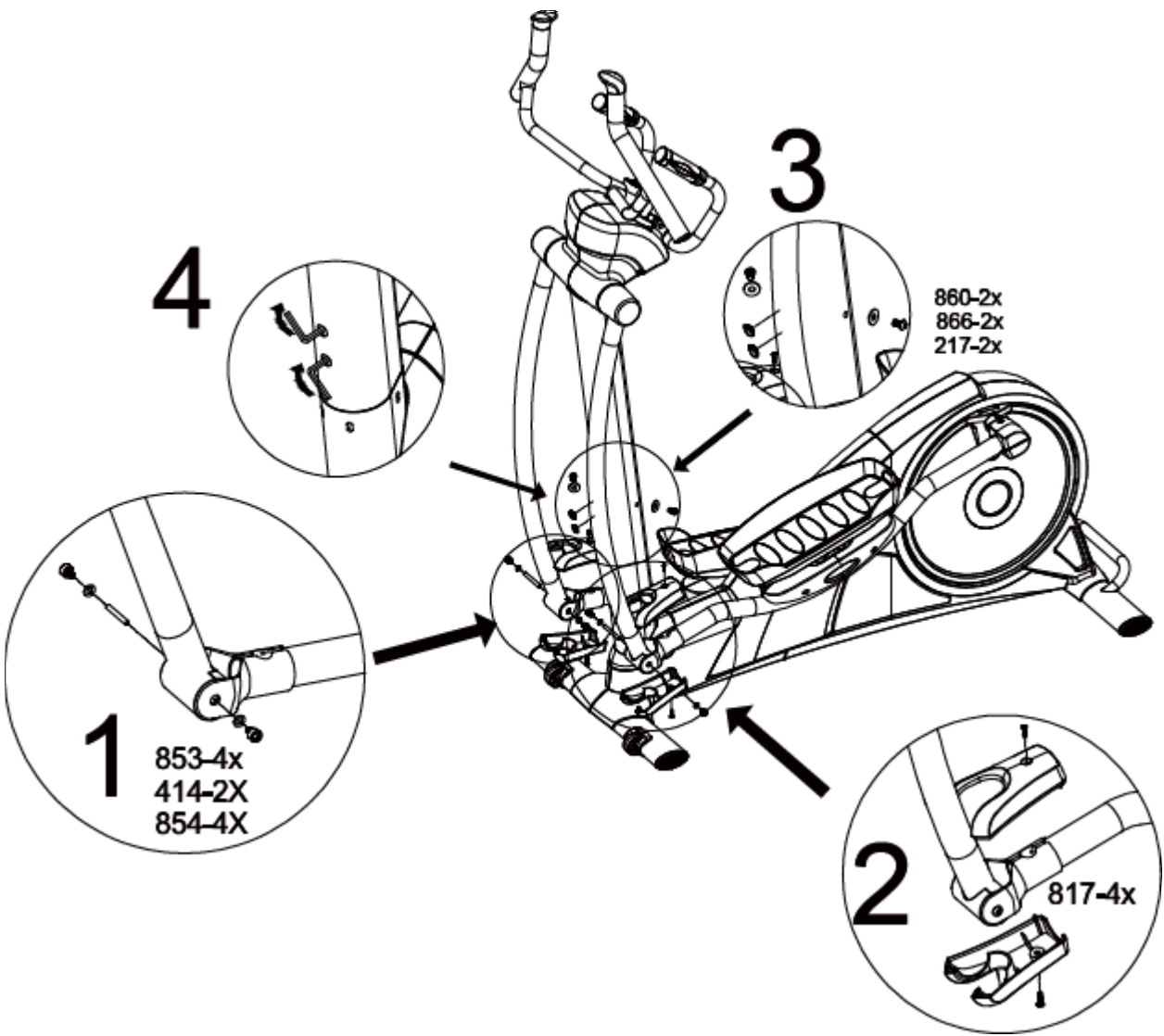
STEP3 ASSEMBLY

STEP3-A). Connect the 8pin Wire between main frame and console upright tube

STEP3-B). Attach the Handlebar cover(110) onto Right side handlebar and Left side handlebar

STEP4

ASSEMBLY



STEP4-A). Attach the Console Upright Assembly (A2).

STEP 4-B). Attach the lower handle bar onto the foot plate tube and secure using one two screw(853) ,two washer(854), and one sleeve(414) in the left side ,and using the 5mm Allen Key (B) and Allen Wrench(D) to fully tight the screw. , and then repeat the same procedure in the right side.

STEP 4-C). Attach the foot plate tube cover upper(409) and lower(410) onto the foot plate then secure with two screw (817) in the left side , and repeat the same procedure in the right side.

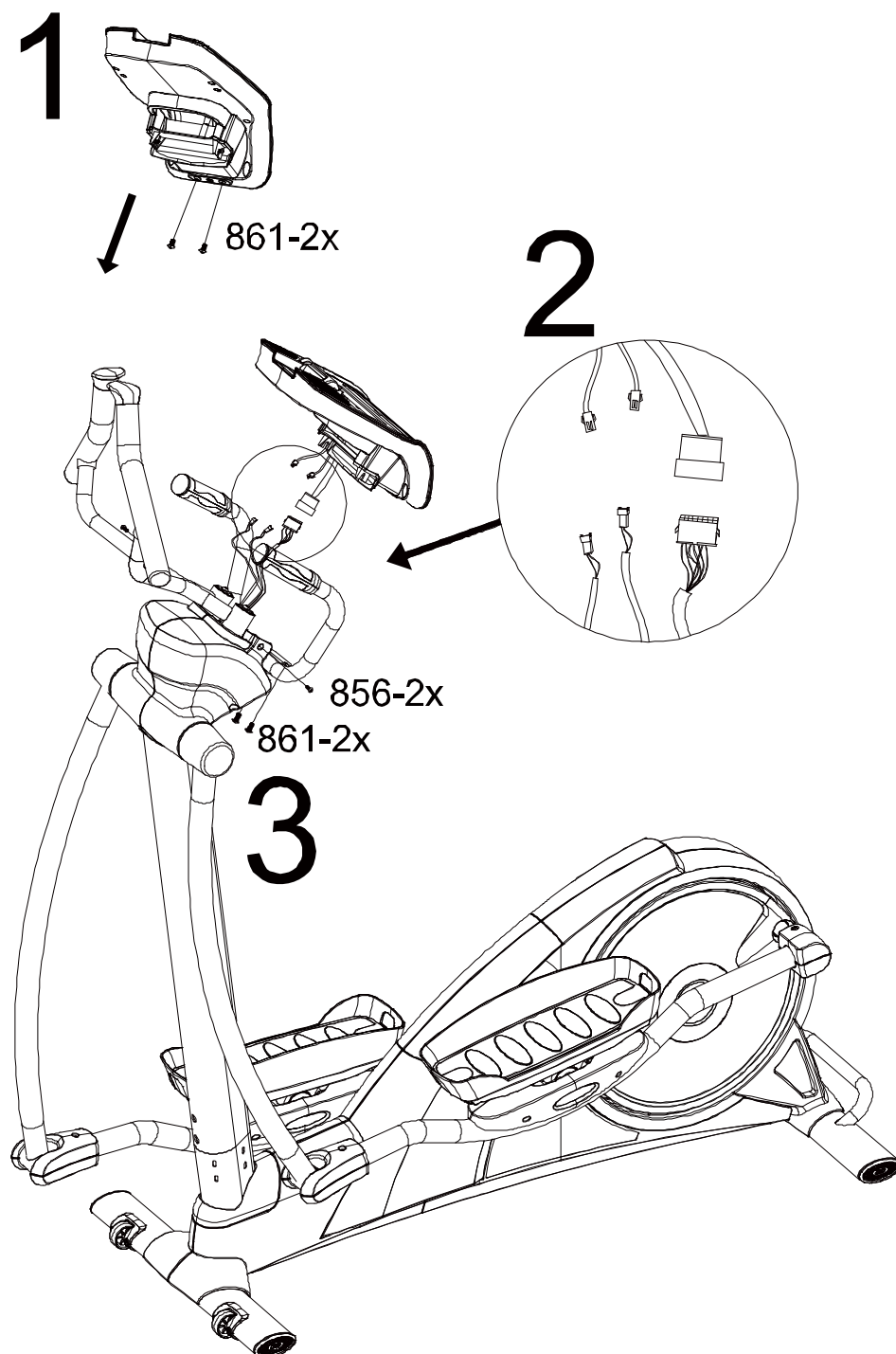
STEP 4-D). Attach two screw(860) and two washer(866) onto upright tube, and using the 5mm Allen Key (B) or 5mm Allen Wrench (D) to fully tight the Screw.

STEP 4-E).Using the 6mm Allen Key (A) to fully tight the bolt which preassembled

STEP4-F).Attach the Console Upright Insert (217).

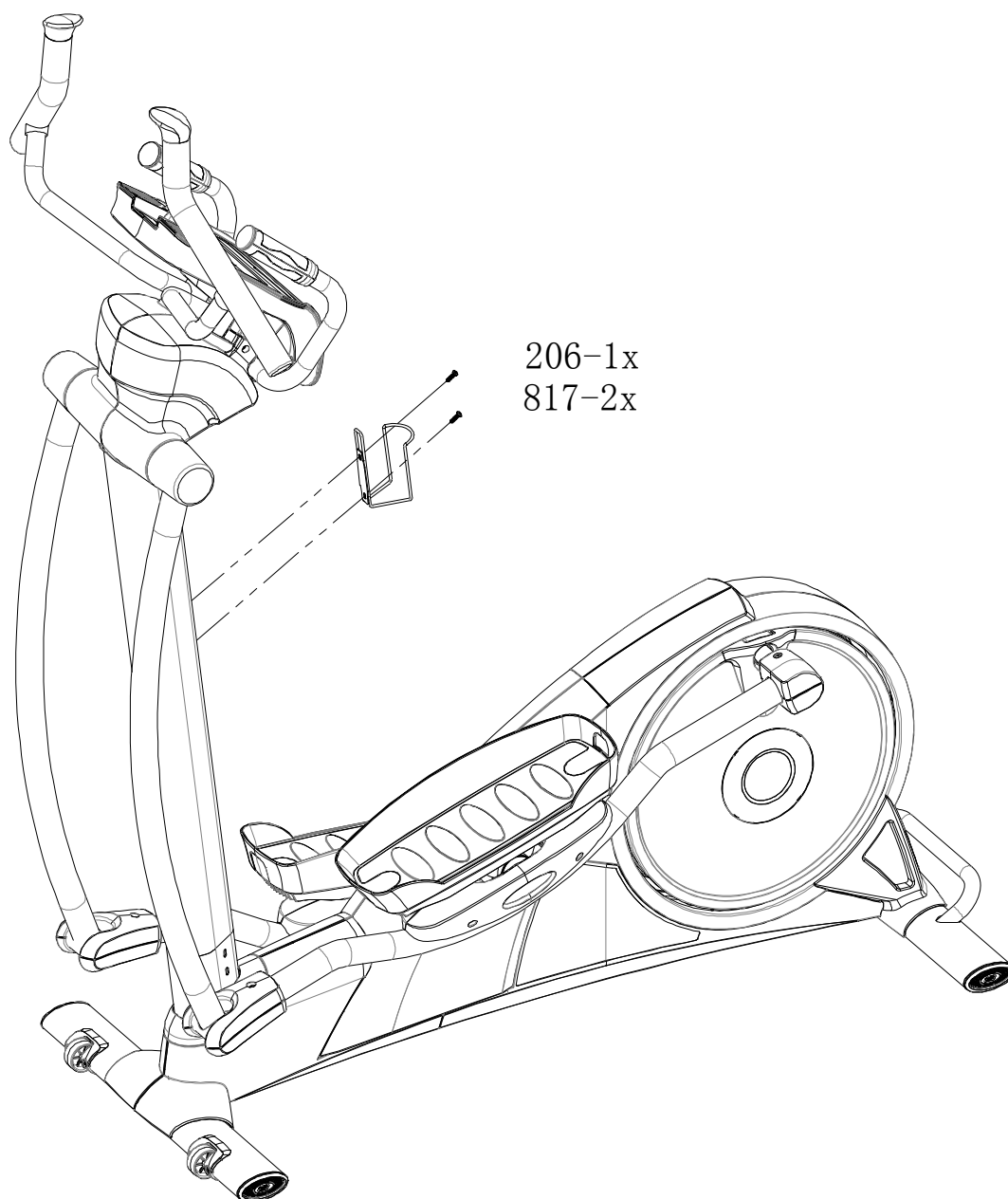
414	X2	
817	X4	
853	X4	
854	X4	
860	X4	
866	X2	

ASSEMBLY



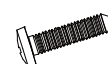
STEP5). Screw out the screw 861 from the back of the console , and connect the hand pulse sensor cable and 8 pin cable between the console and the upright ,then attach the console onto the upright and secure with screw 861 and screw 856.

861**X2****856****X2**

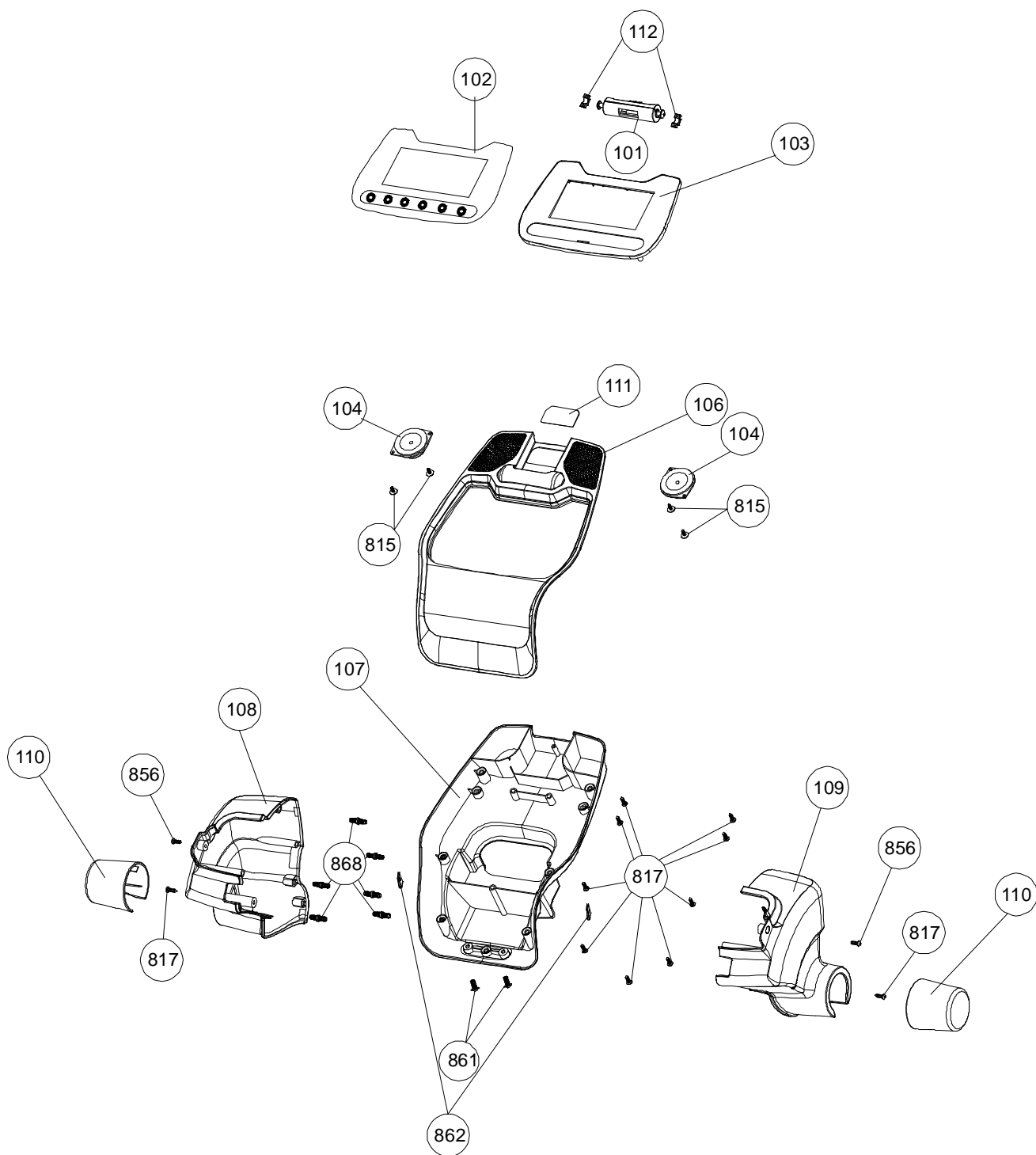
STEP6 ASSEMBLY

STEP6) Attach the Water Bottle Holder(206) to the Console Upright, and secure using two 4x15mm Screw (817)

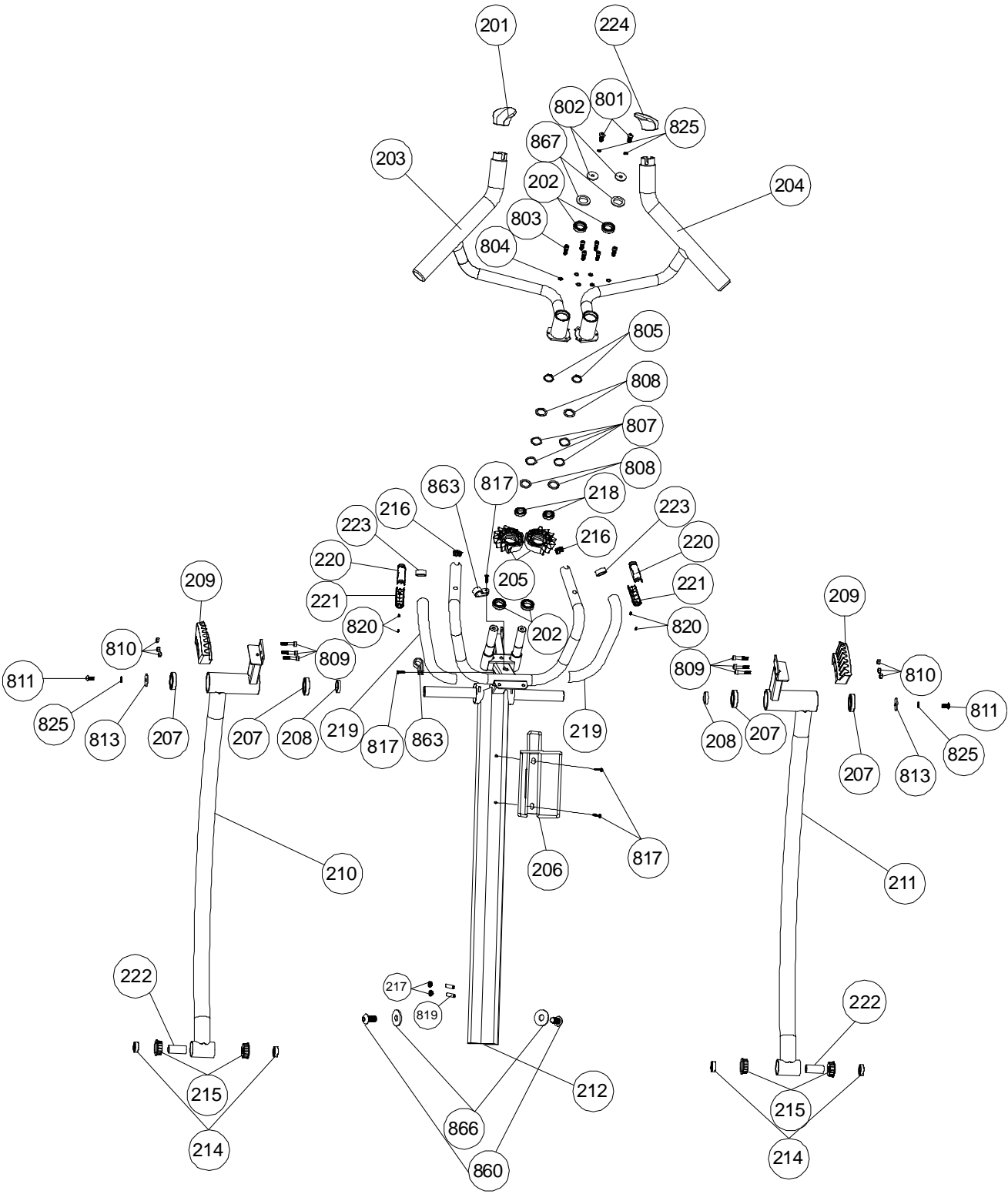
Your crosstrainer is now fully assembled.

817**X2**

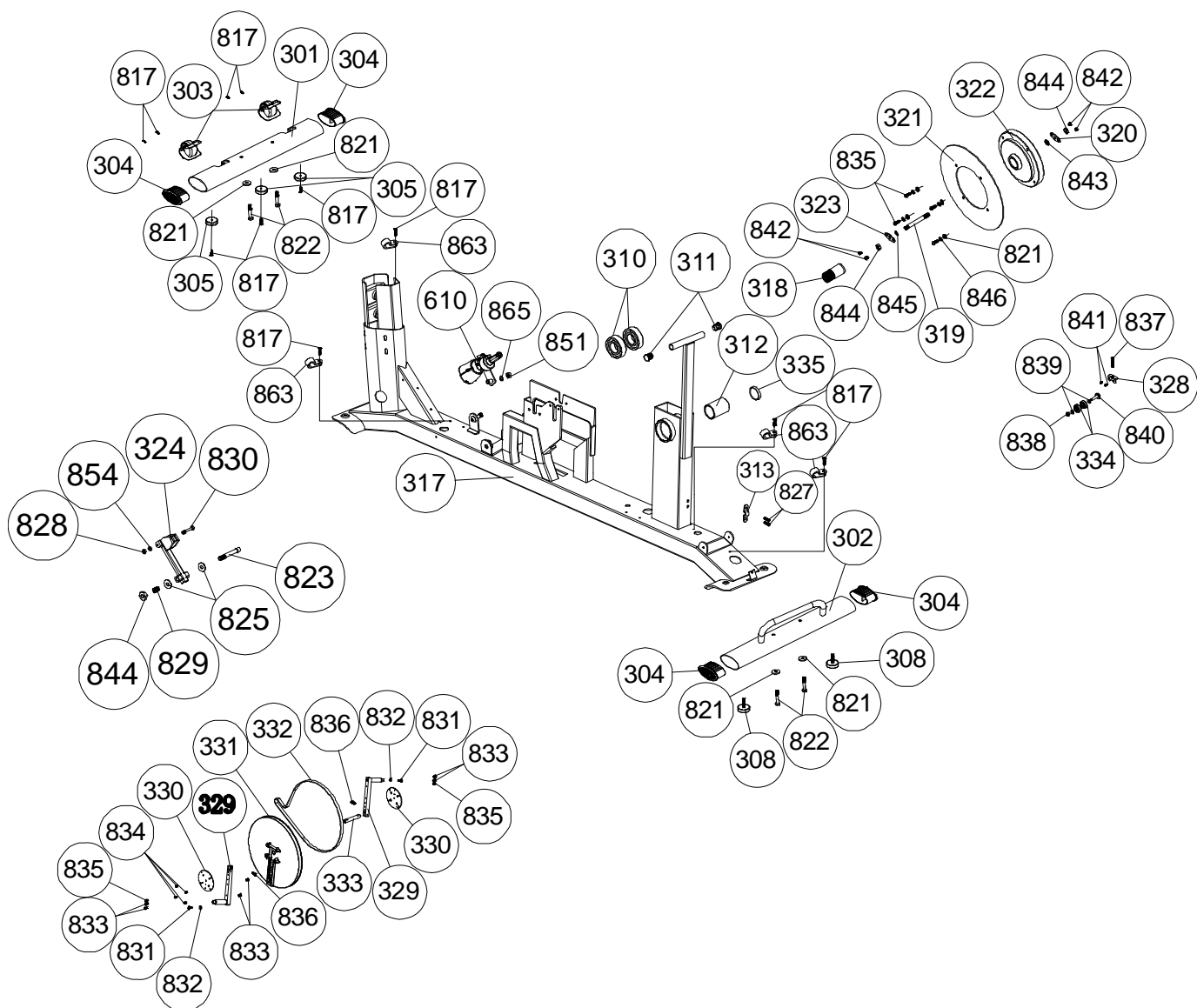
EXPLODED DIAGRAM



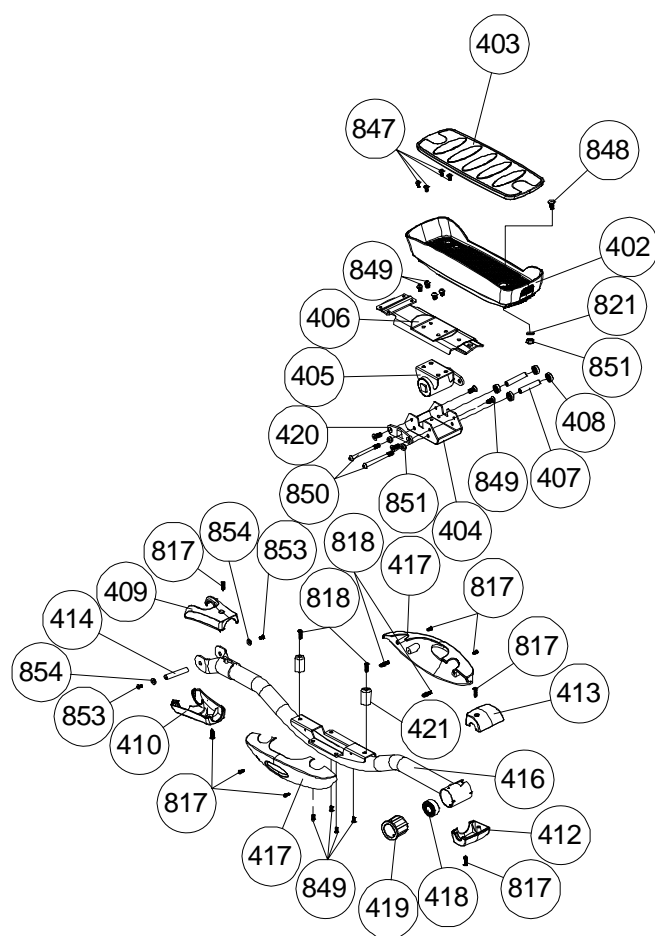
EXPLODED DIAGRAM



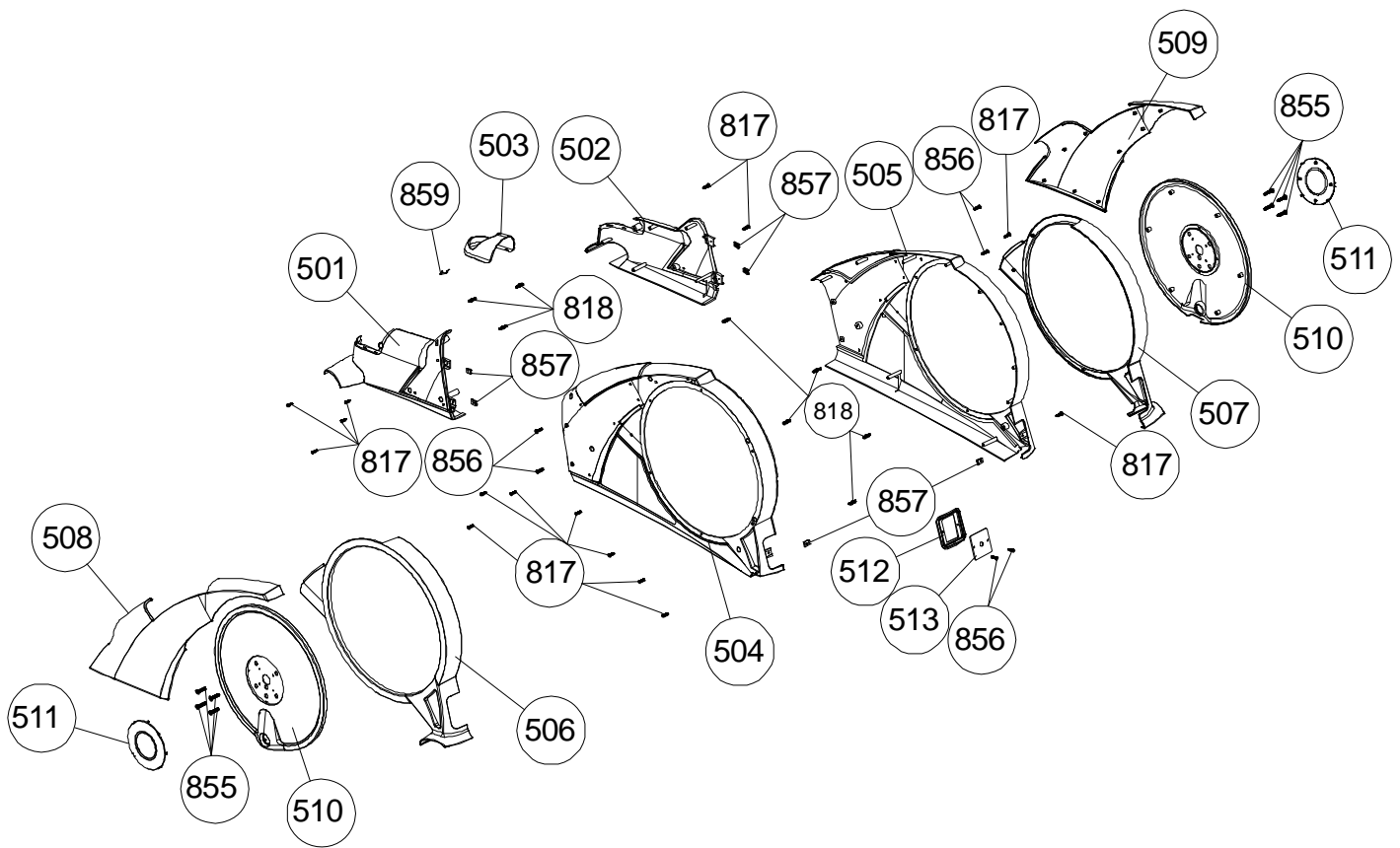
EXPLODED DIAGRAM



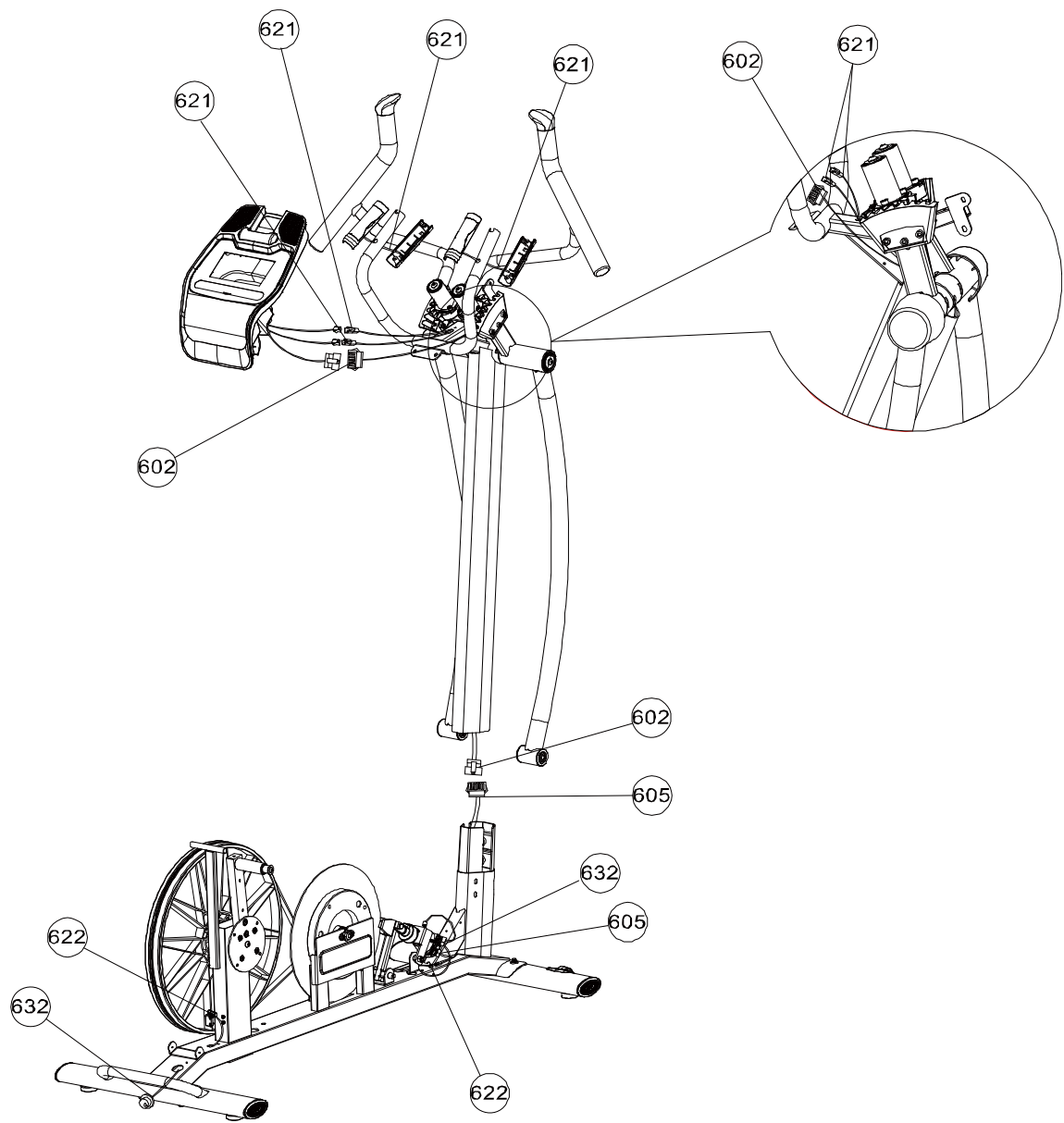
This exploded view diagram illustrates the assembly of a medical device, likely a catheter or probe. The components are labeled with callout numbers 401 through 869. The assembly includes a main body (401) with a handle (403) and a distal tip (417). Key sub-assemblies include a control mechanism (405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 418, 419) and a distal assembly (420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869). The diagram shows the spatial relationship between these parts, indicating how they fit together to form the complete device.



EXPLODED DIAGRAM



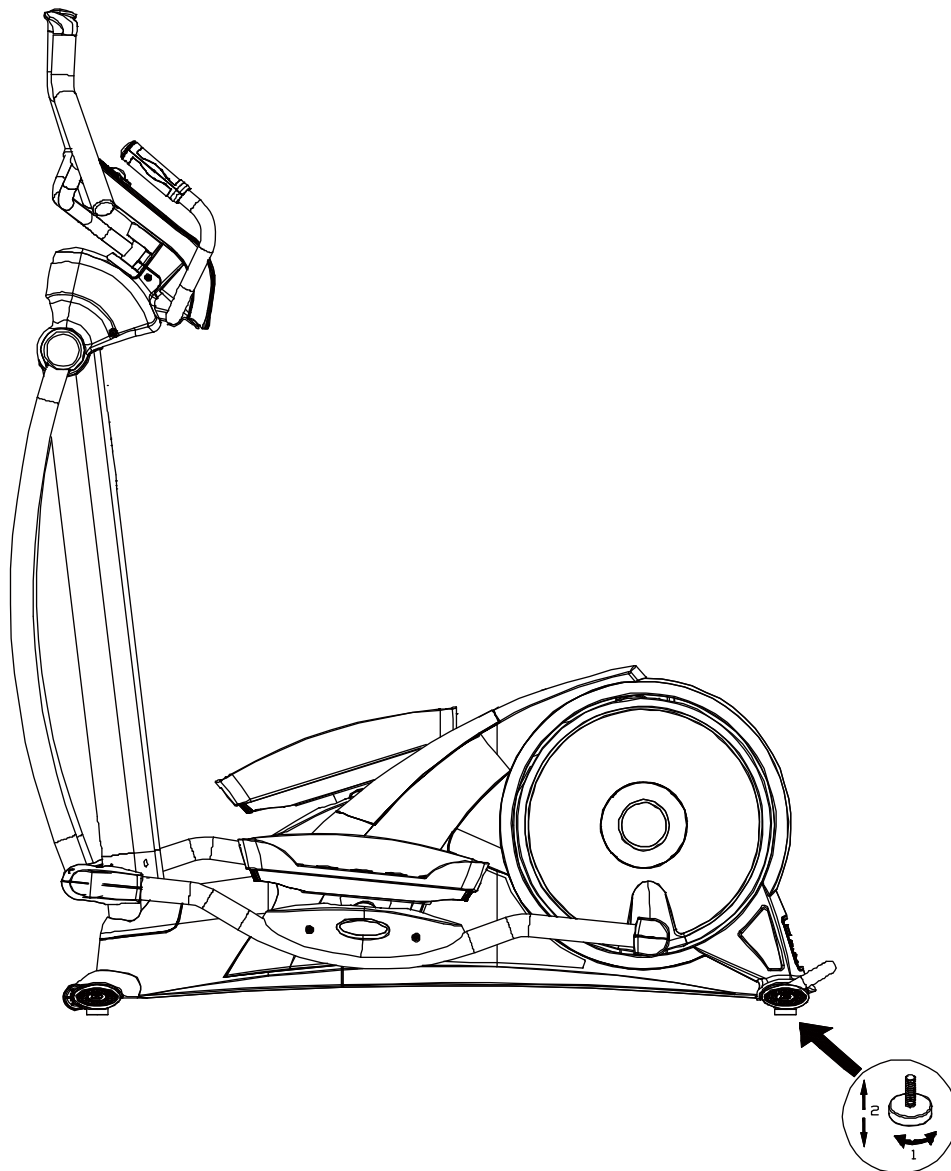
WIRE DIAGRAM



STABILIZER ADJUSTMENT**LEVEL ADJUSTMENT:**

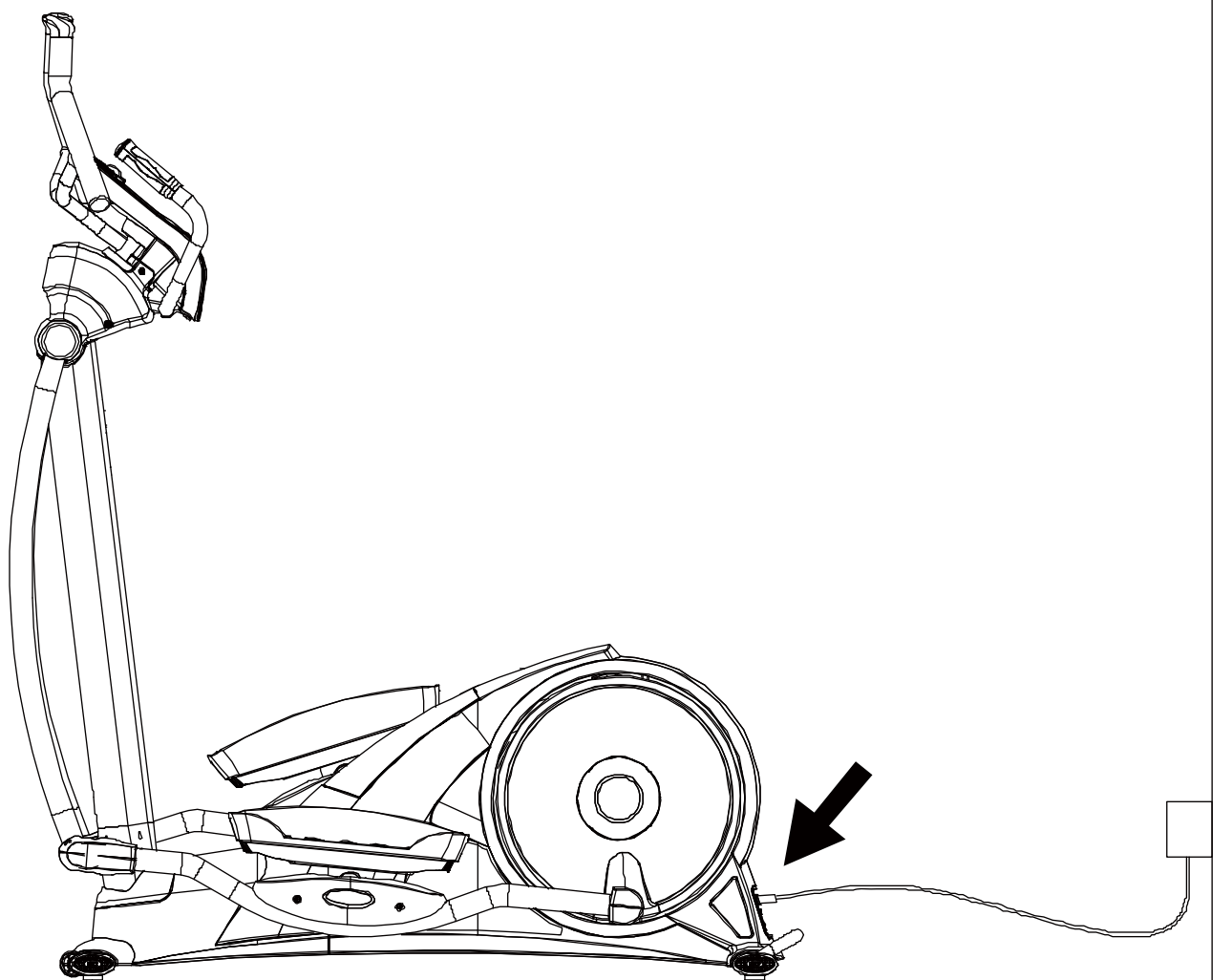
To adjust the level of the BONITA Crosstrainer simply rotate the Level Adjusters clockwise or counter clockwise.

Tilt the Corsstrainer to access stabilizers.



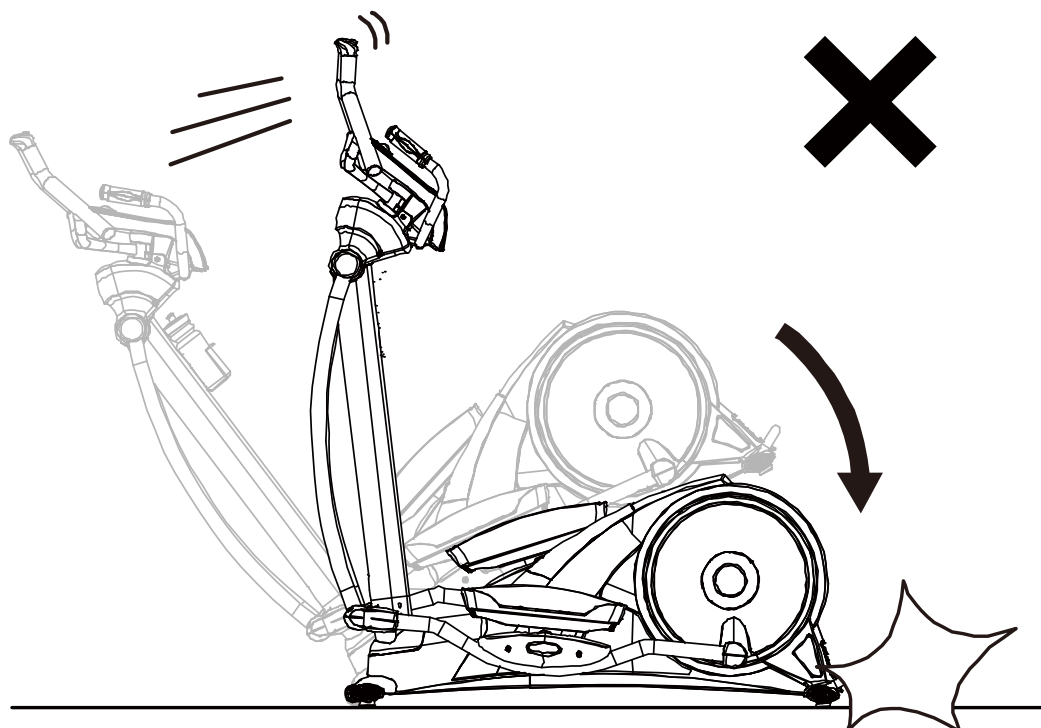
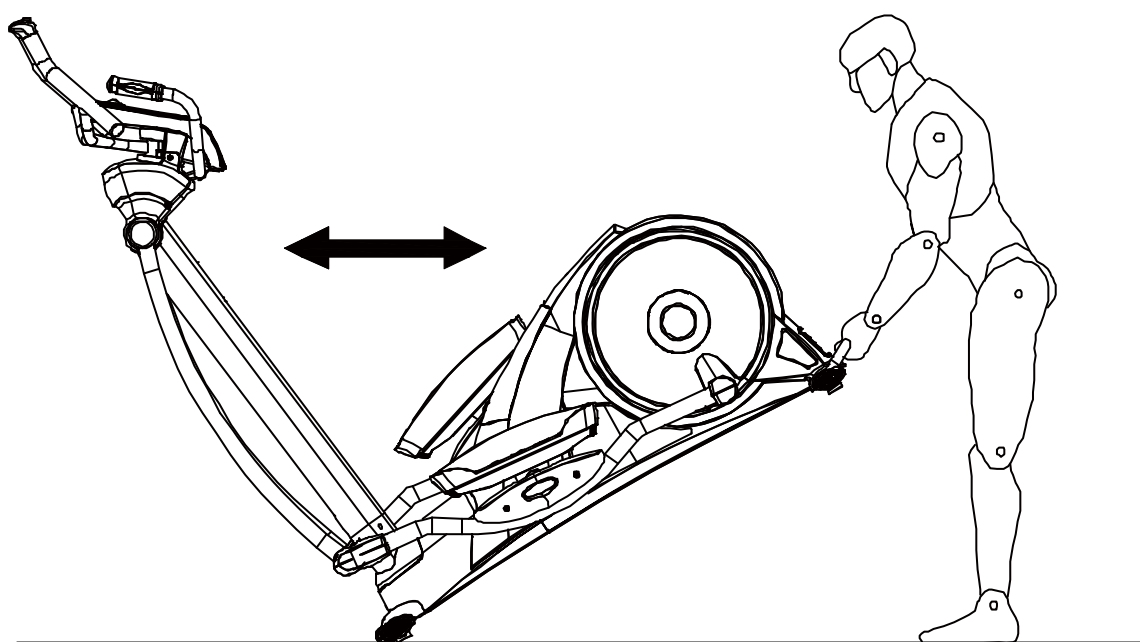
TRANSPORT INSTRUCTIONS

Power



TRANSPORT INSTRUCTIONS**TRANSPORT INSTRUCTIONS:**

The casters located on the rear of the unit allow for easy transport. Simply lift the front of the unit until the wheels touch the floor. Then roll the unit to a desired location.



CORRECT USE

Correct use



Proper Ergonomic Positioning: Please refer to the diagram to the left as indication of the proper training position.

Mount and dismount the equipment: Select any flank of the equipment, which flank you can easy and comfortable to move your foot to mount on or dismount from the equipment. Make sure you step on the pedal in the lowest position steadily and hold the handle bars firmly.

Major exercise type: This equipment focuses on your lower body, and can tone your thigh and shank muscles. Or you can use the movable hand bar to train your upper and combined total body.

Warning-1: Incorrect and/or excessive training can cause risk of injury.

Warning-2: Please watch out for the movable handle bar!!

IMPORTANT STEPS**Warning:**

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

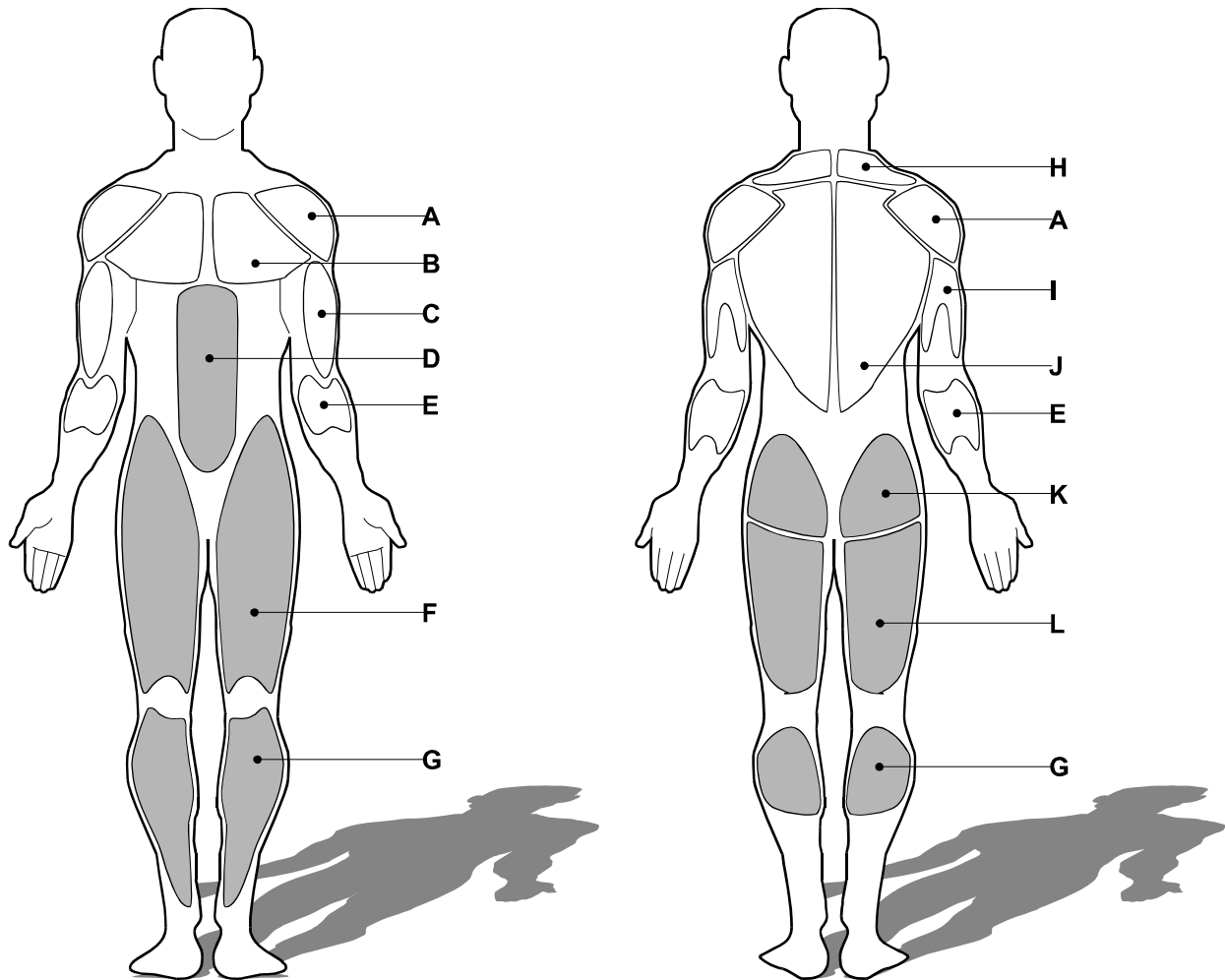


The Surgeon General
has determined that lack
of physical activity is
detrimental to your health.™

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



MUSCLE GROUPS

A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

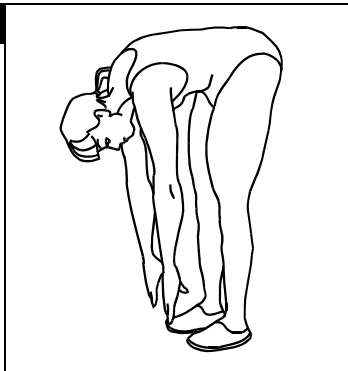
Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

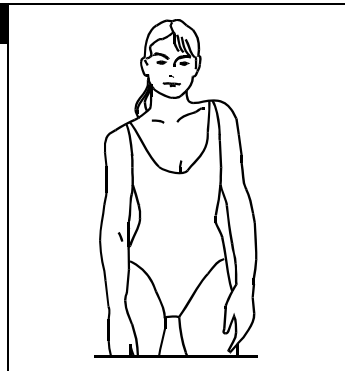
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

**Shoulder Lift:**

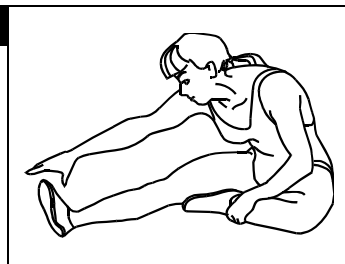
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

**Inner Thigh Stretch:**

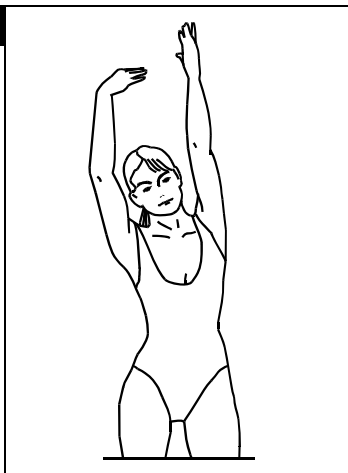
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

**Hamstring Stretch:**

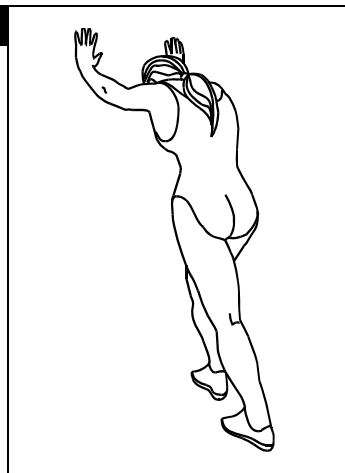
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

**Side Stretch:**

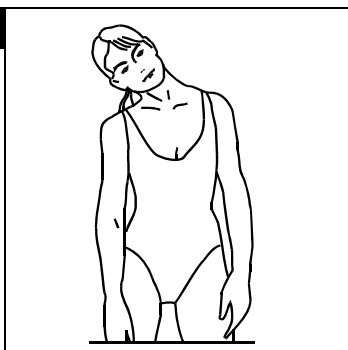
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

**Calf-Achilles Stretch:**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.

**Head Roll:**

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



WARRANTY

NOTE: Save this document for your records. This warranty include all YOWZA "BONITA" Products

TO OBTAIN SERVICE: CALL 877-969-9240 OR EMAIL SERVICE@YOWZAFITNESS.COM to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, Yowza will provide one of the following methods to resolve the service claim: a) dispatching of an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of \$75.00 per service issue. Service issue is defined as an approved service claim. Limit of one \$75.00 payment will be made on each service claim. All repairs must be authorized by YOWZA FITNESS prior to performance of work. Claims on unauthorized repairs may be denied. Many oversights, which are not covered under this Agreement, can be due to simple circumstances such as the Covered Product not being switched on, being unplugged, or a fuse blown at the junction box.

WHO IS COVERED: THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYER(S) WHO PURCHASED THE PRODUCT FROM YOWZA OR ONE OF OUR AUTHORIZED DEALER'S IN THAT AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYER(S) WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms "you" and "your" are used in this Limited Warranty to refer to the original buyer who purchased the product form YOWZA or one of our authorized dealers in that dealer's authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms "we", "us" and "YOWZA" are used in this Limited Warranty to refer to YOWZA International, Inc.

WHAT IS COVERED: This Limited Warranty covers all products that are sold under the YOWZA "BONITA" name to buyers who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory and used in United States and Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear.

WHAT IS NOT COVERED: THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE THAN YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER'S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner's Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but no limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See "INTENDED USE" below.

INTENDED USE: This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA "BONITA" name are intended for residential use.

WARRANTY PERIOD: The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame and motor, and two years on all other parts. The labor portion of the warranty is one year from the date of delivery.

WHO WILL PAY LABOR AND TRANSPORTATION COSES: If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Technical Support (877-969-9240) within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

THINGS TO KNOW ABOUT OBTAINING PRODUCT ACCESSORIES, PARTS AND REPAIR SERVICE: To secure repair service under this warranty.

WARRANTY

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

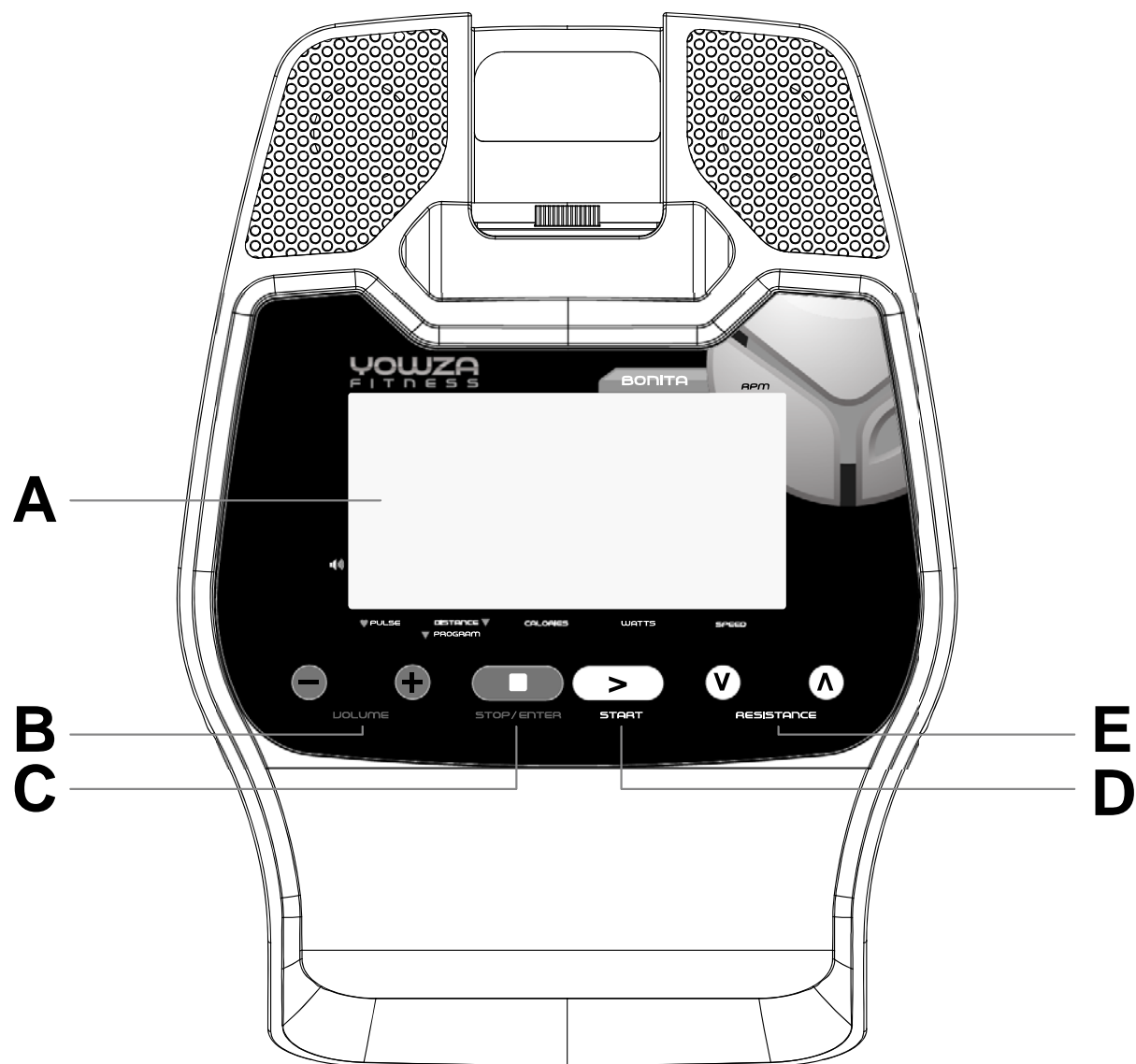
IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

EFFECT OF STATE LAWS: Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. If there is a section in there Bout disputes it should read that all disputes must be litigated in Collier county Florida.

ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS: WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONDUCTED IN THE STATE OF FLORIDA ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

COMPUTER OPERATION

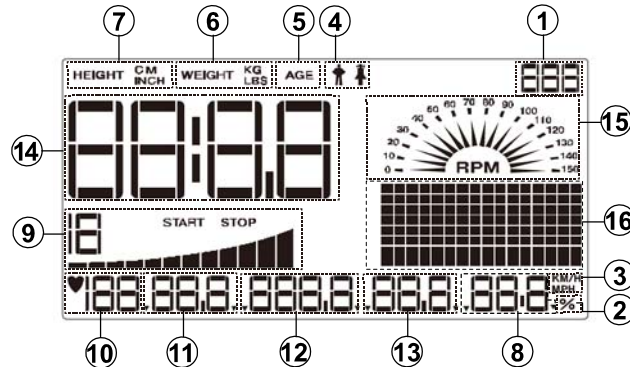


LCD DISPLAY	A	B	VOLUME UP/DOWN BUTTON
STOP/ENTER BUTTON	C	D	START BUTTON
RESISTANCE UP/ DOWN BUTTON	E		

COMPUTER OPERATION



Before assembling or using your fitness equipment, please do carefully read the precautions included in the assembly instruction.



DISPLAY

To switch from Metric to English display please read the chapter Metric to English conversion. (3)

USER CODE (14)

Press the UP/DOWN button to select the USER CODE from U1 to U9.

HEIGHT (7)

HEIGHT display range is from 50 to 250 cm. the initial HEIGHT is 170 cm.

HEIGHT display range is from 20 to 100 inch. The initial HEIGHT is 67 inch.

WEIGHT (6)

WEIGHT display range is from 20 to 200 kg. The initial WEIGHT is 68 kg.

WEIGHT display range is from 44 to 440 lbs. The initial WEIGHT is 150 lbs.

AGE (5)

The range of AGE is from 10 to 99. The initial AGE is 35.

PROGRAM (11)

The range of the PROGRAM from P1 to P12, the initial PROGRAM was P1.

PROGRAM LEVEL (14)

The range of the PROGRAM LEVEL from L1 to L8, the initial Level is L1. The user can select circular and set up it. The program diagram will be show as the computer previously setting up. Each level representing two resistance steps.

VOLUME/RESISTANCE LEVEL (9)

The range of the VOLUME LEVEL is from 1 to 12

The range of the RESISTANCE LEVEL is from 1 to 16.

RPM (1)

The RPM display range is from 0 to 199.

DISTANCE / PROGRAM (11)

The DISTANCE display range is from 0.1 to 99.9 km. The PROGRAM display range is from P1 to P12.

TIME (14)

The TIME display range is from 1:00 to 99:00. The initial TIME is "32:00"

RESISTANCE LEVEL (16)

The range of the RESISTANCE LEVEL.

RPM DIAGRAM (15)

The range of the RPM diagram is from 0 to 150.

The RPM diagram will display by integer. For example: the RPM are between 30 and 39, the LCD will display 30.

SPEED (8)

The range of the Speed is from 0.0 to 99.9 km/h; Mph.

WATT (13)

The display range of the WATT.

PULSE (10)

The range of the PULSE display is from 0 to 199 BPM.

CALORIES (12)

The calories display range is from 1.0 to 999.0.

RPM (1)

The RPM display range is from 0 to 199.

DISTANCE / PROGRAM (11)

The DISTANCE display range is from 0.1 to 99.9 km. The PROGRAM display range is from P1 to P12.

COMPUTER OPERATION**SPEED (8)**

The range of the Speed is from 0.0 to 99.9 km/h; Mph.

WATT (13)

The display range of the WATT is from 25 to 400.

PULSE (10)

The range of the PULSE display is from 0 to 199 BPM.

CALORIES (12)

The calories display range is from 1.0 to 999.0.

TIME(14)

The TIME display range is from 1:00 to 99:00. The initial TIME is "32:00"

GENDER (4)

Press the UP/DOWN button to select your gender.

PERCENTAGE (2)

Displays the percentage of the target zone program.

COMPUTER OPERATION

BUTTONS AND FUNCTIONS

START

**START button**

Press **START** to begin your exercise.

STOP

**STOP/ ENTER button**

Press STOP button to pause the functions during your exercise program.

Press STOP button twice the program will return to power on mode.

Press **ENTER** button to confirm the program set up.

RESISTANCE

**RESISTANCE up button**

Press the button to increase the resistance level or set up the program.

**RESISTANCE down button**

Press the button to reduce the resistance level or set up the program.

**VOLUME up button**

Press the button to increase the Volume level

**VOLUME down button**

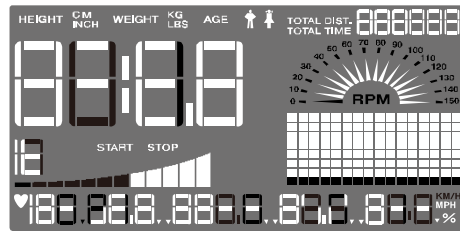
Press the button to reduce the Volume level.

COMPUTER OPERATION

POWER ON

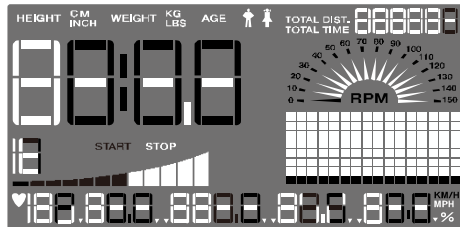
After connecting the power cord switch the power button on. The LCD screen will light up.

To switch back to the power on status after the machine has already been used press the stop button twice.



QUICK START

When the computer is in the POWER ON STATUS, press the start button to activate the QUICK START program, the TIME, DISTANCE and CALORIES will count up when you start exercising .

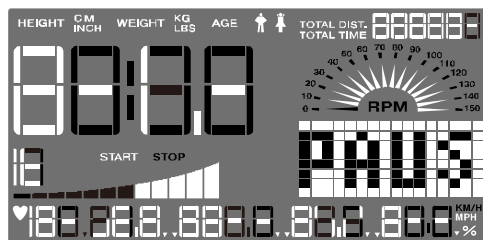


SLEEP MODE

When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input, the computer will automatically enter press any button to return to power on status when the computer is in the SLEEP MODE.

PAUSE MODE

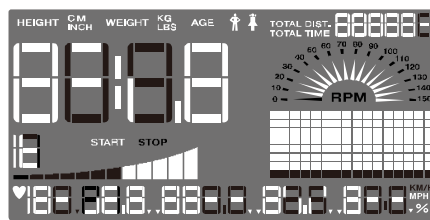
While in the PROGRAM, without pedaling the machine for 30 seconds, the speed sensor located inside the machine can not detect any RPM signal, the console will enter the PAUSE MODE. During the PAUSE MODE, if you start pedaling the machine or press the START button, the console will return to the PROGRAM MODE and continue the original program. Press the STOP button to PAUSE the program, press STOP button twice and the LCD will return to POWER ON status.



PROGRAM

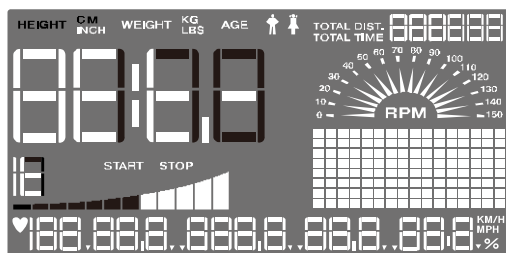
To select one of the User programs, you will need to select the USER CODE first, press the UP/DOWN button to select the USER CODE from U1 to U9. This is shown in the SPEED display. Press the ENTER button to confirm the USER CODE. If the user information has been previously input, press ENTER button and hold for 5 seconds, The computer will then skip the user information set up procedure and enter the program select procedure. To input new information , please follow the below procedure.

COMPUTER OPERATION



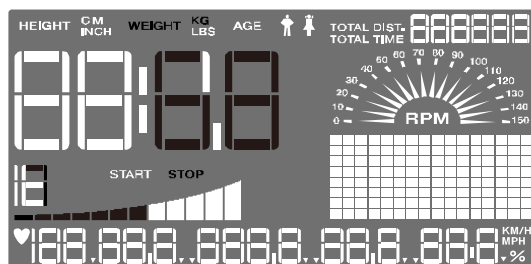
USER HEIGHT

After the USER Code has been confirmed the SPEED display will show HEIGHT or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user height information, and then press ENTER to confirm.



USER WEIGHT

After the HEIGHT has been confirmed the TIME display will show WEIGHT or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user weight information, then press ENTER to confirm.

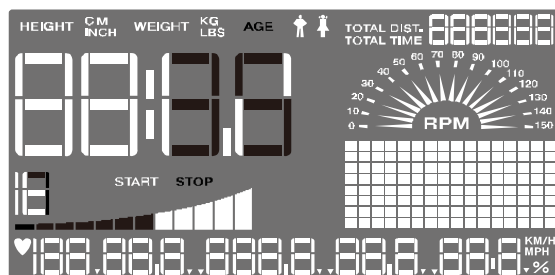


USER AGE

After the WEIGHT has been confirmed the SPEED display will show AGE or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user age information then, press ENTER to confirm. When the AGE is confirmed, the pulse data will be adjusted automatically at the same time.

Estimated Normal pulse rate = $(220 - \text{AGE}) \times 65\%$

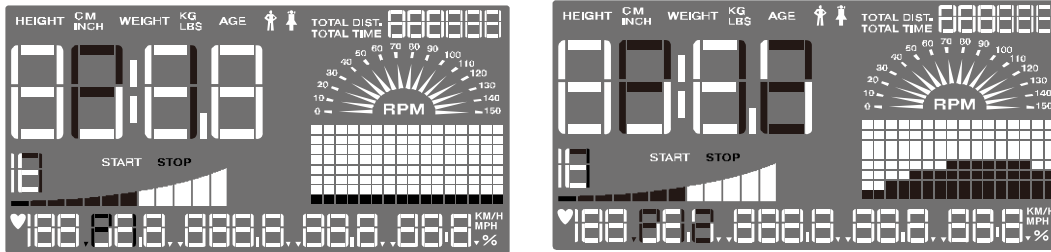
Estimated Maximum pulse rate = $(220 - \text{AGE}) \times 85\%$



USER GENDER

[illegible]

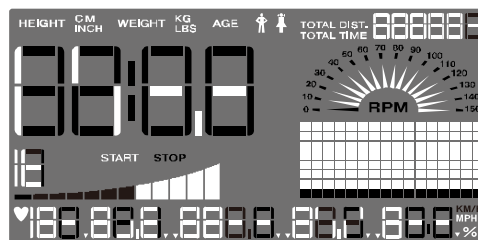
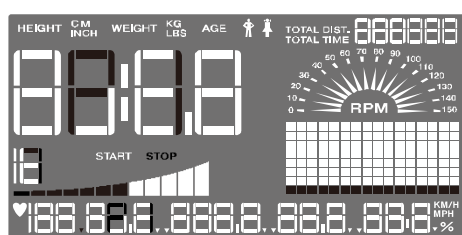
After the gender has been set up and press the “ENTER” button to confirm, the LCD will display and flash “P1”, press “UP” and “DOWN” to select. Then press the “ENTER” button to confirm and save.



After you have selected “P1-Target time program” press the “ENTER” button. The “TIME ”display will show the time of “32:00”, press the “UP ” or “DOWN” button to adjust target time, then press the “ENTER“ button to confirm. Press the “START” button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the “UP /DOWN“ button, The program will count down the preset time, “DISTANCE and CALORIES” will count up.

To pause the program while exercising, press the STOP button. To resume exercising, press the "START" button. The time counts down at the end of the program the computer will "beep".

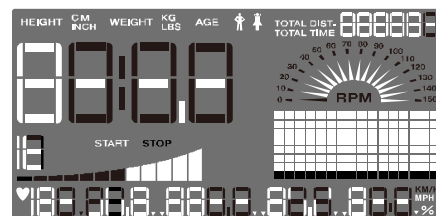
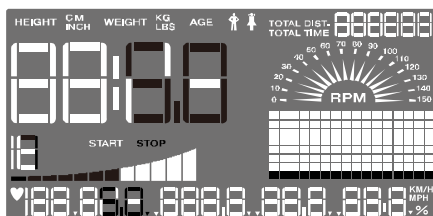
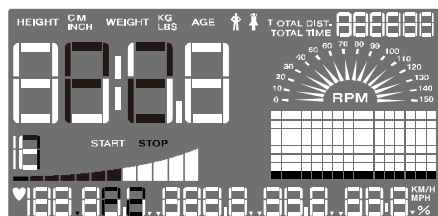
COMPUTER OPERATION



P2: Target distance program

After you have selected “P2- Target distance program”, The “DISTANCE” display will show the DISTANCE setting of 5, press the up and down button to adjust target DISTANCE, then press “ENTER” to confirm. Press the “START” button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the “UP and DOWN” button. The “DISTANCE” will count down the preset DISTANCE, the “TIME and CALORIES” will count up from 0.

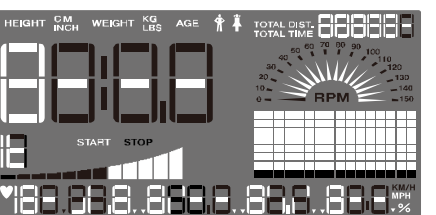
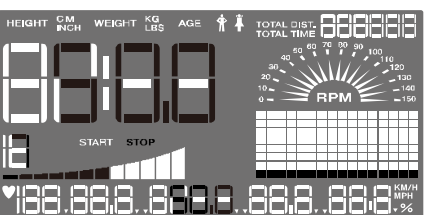
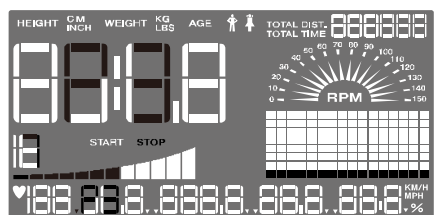
To pause the program while exercising, press the “STOP” button, if the “STOP” button is pressed after pausing the program, the computer will return to POWER ON status. The time counts down at the end of the program the computer will “beep”.



P3: Target calories program

After you have selected “P3- Target calories program”, the CALORIES display will show the calories setting “50”, press the “UP/DOWN” button to adjust target calories, then press “ENTER” to confirm. Press the “START” button to begin the exercise program. To increase or decrease the resistance while exercising, press the “UP and DOWN” button. The target calories will count down and the TIME, DISTANCE will count up from 0.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the preset target has been achieved, the computer will beep.



P4: Fat burning program

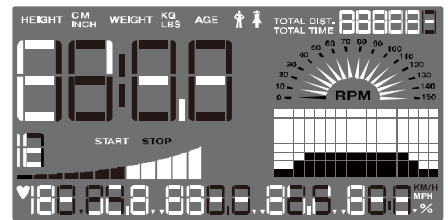
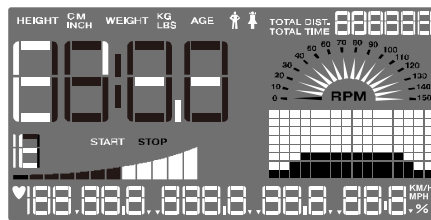
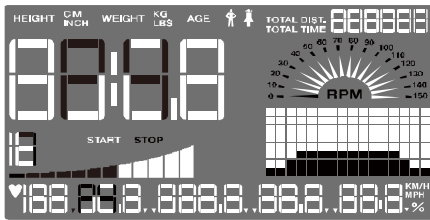
After the user has selected “P4 Fat burning program”, the TIME display will show the workout time setting of “16:00”, press the “UP/DOWN” button to adjust workout time then press “ENTER” to confirm. Press the “START” button to begin the “Fat burning program”.

The aim of a FAT BURNING program is to exercise for a longer period of time at a reduced level of intensity. This will allow you to burn more calories than if you were using a program that has higher levels of resistance over a shorter period of time.

To increase or decrease the resistance while exercising, press the “UP/DOWN” button. The target time will count down, the DISTANCE, CALORIES display will count up from 0.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.

COMPUTER OPERATION



P5: INTERVAL LEVEL program

LEVEL

After the user has selected "P5 INTERVAL program", The SPEED display will show "L1"

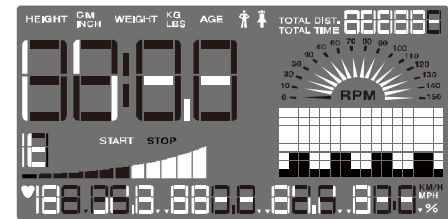
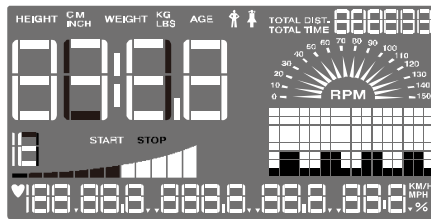
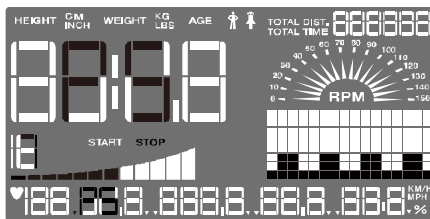
Press the "UP and DOWN" button to adjust the Level from "L1" to "L8", press the "ENTER" button to continue the program.

TIME

After you have set up the Level, press the "ENTER" button, The TIME display will show the workout time setting of "32:00", press the "UP and DOWN" button to adjust the TIME, press the "ENTER" button to confirm.

Press the "START" button to begin the exercise program. The RESISTANCE display will show the Level the user has set. To increase or decrease the resistance while exercising, press the "UP/DOWN" button. The time will count down to the end. The DISTANCE and CALORIES display will count up from 0.

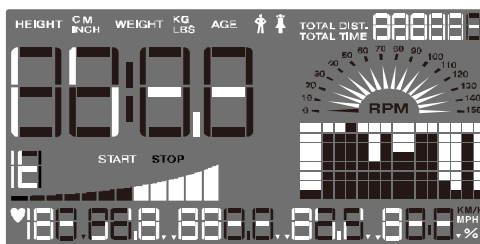
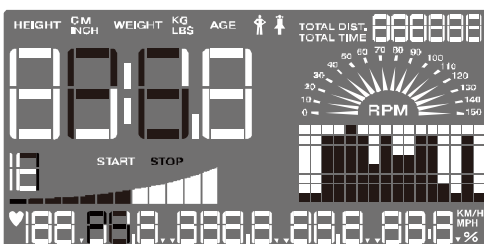
To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP" twice. At the end of program count when the target has been achieved the computer will beep.



P6:RANDOM program

After the user has selected "P6- RANDOM program", The TIME will show the workout time setting of "32:00", Press the "UP/DOWN" button to adjust workout time, Then press the "ENTER" to confirm. Press the "START" button to begin the exercise program. To increase or decrease the resistance while exercise, press the "UP/DOWN" button. The target time will count down, the DISTANCE and CALORIES will count up from 0.

To pause the program while exercising, press the "STOP" button, To quit out the program, press the "STOP" button twice. At the end of the program when the target has been achieved, the computer will beep.



COMPUTER OPERATION

P7: ENDURANCE LEVEL program

LEVEL

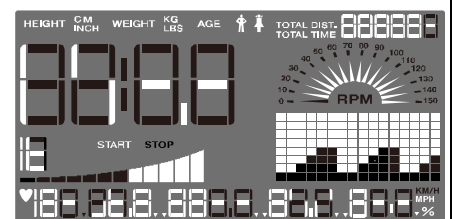
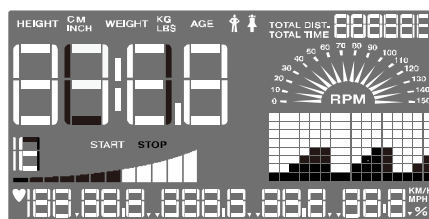
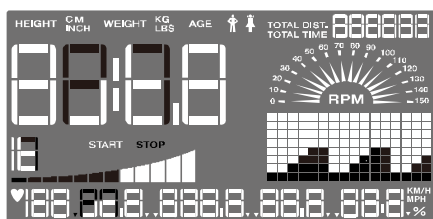
After the user has selected "P7" ENDURANCE program, the "SPEED" display will show "L1". Press the "UP and DOWN" button to adjust the Level from "L1" to "L8", press the "ENTER" button to continue the program.

TIME

After you have set up the Level, press the "ENTER" button. The TIME display will show the workout time setting of "32:00", press the "UP and DOWN" button to adjust the time, press the "ENTER" button to confirm.

Press the "START" button to begin the exercise program. The RESISTANCE display will show the Level the user has set. To increase or decrease the resistance while exercising, press the "UP /DOWN" button. The time will count down, the DISTANCE, CALORIES display will count up from 0.

To pause the program while exercising, press the "STOP" button. Press the "STOP" button twice, the program will return to POWER ON status. At the end of the program when the target has been achieved, the computer will beep.



P8: WATT control program

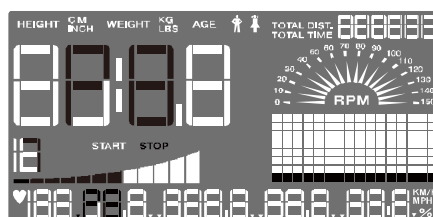
WATT setting

After the user has selected "P8 WATT control program". The "WATT" display will show "20". Press the "up and down" button to adjust the "watt" from "20" to "400", press the "Enter" button to continue the program. To increase or decrease the selected WATT while exercising, press the "UP and DOWN" button.

TIME

After you have set up the WATT, press the "ENTER" button. The TIME display will show the workout time setting of "32:00", press the "UP and DOWN" button to adjust the time, press the "ENTER" button to confirm.

To pause the program while exercising, press the "STOP" button. To quit out the program, press the "STOP" button twice. At the end of the program when the target has been achieved, the computer will beep.



COMPUTER OPERATION

WARM UP – Heart Rate Control program

After completing the TIME set up and starting the program, there is a total 3 minute warm up section. The WARM UP section will help you reach the target workout PULSE. The resistance will start from 2. When the “warm up” section starts, the LCD display will show the words “warm up” three times.

When the user uses the “Warm up and Target pulse” program, the “DISTANCE and CALORIES” will count up from 0. The computer will detect the user pulse and compare it with the preset estimate normal pulse every 15 seconds. The 3 minutes warm up program will count down from the pre-set time. If the actual PULSE does not reach the target workout pulse, the resistance will increase one level every 15 seconds.

If the computer does not detect the user actual PULSE, the computer will pause the compare function and stop increasing the resistance. The LCD will show “NO PULSE”.

When the computer detects the actual pulse rate has reached the minimum target workout PULSE in the “warm up” section, the resistance will stop increasing and continue at the same resistance until the 3 minute warm up is completed and then go into the Target pulse main program.

If you cannot reach the minimum target workout pulse in 3 minutes, the program will continue the second 3 minutes WARM UP section. If during the second WARM UP the user still cannot reach the minimum target workout heart rate, the computer will continue to the third WARM UP section for 3 minutes. If the third WARM UP section still cannot bring up the actual pulse rate to the minimum target workout pulse, the computer will sound a beep, meanwhile the program will STOP, and TIME display will show “FAIL”, 10 seconds later, the program will return to power on status.

Heart Rate Control main program

After the actual pulse rate reaches the minimum target workout pulse rate and completes the warm up section, the computer will go into the main program and the time will count down from the pre-set time. During the main program, the computer will detect the user pulse rate every 15 seconds. The RESISTANCE, DISTANCE, CALORIES will continue to count up from the “Warm up” section into the Target pulse Program. To increase or decrease the selected Pulse rate while exercising, press the “UP and DOWN” button. If the computer does not detect the user actual pulse rate, the computer will pause the compare function and stop increasing the RESISTANCE. The LCD will show “NO PULSE”.

If the actual pulse rate cannot reach the maximum target workout pulse rate, the resistance level will be increased by 1 level every 15 seconds until the pulse rate reaches the maximum target workout pulse rate.

If the actual pulse is higher than the maximum target workout pulse rate, then the resistance will be reduced 1 level every 15 seconds until the actual pulse rate meets the maximum target workout pulse rate.

If the actual pulse is higher than the maximum target pulse rate for 3 minutes or over, the preset time counts down to the end, the computer will stop the Target pulse program and then begin the COOL DOWN function.

COOL DOWN –Heart Rate Control program

After completing the Target pulse and the TIME counts down to zero there is a one-minute COOL DOWN program. The TIME display will show ‘COOL’ for 10 seconds and start flashing. The resistance will return to level 1 as the time counts down from 1:00 (including the 10 seconds ‘COOL’ display time).

When the computer starts the COOL DOWN program, the RESISTANCE will return to the “1” Level, the “DISTANCE and CALORIES” will continue in the “Target pulse” program display and count up continue.

To pause the program while exercising, press the “STOP” button. Press the “STOP” button twice and the program will return to POWER ON.

The “UP, DOWN, START, MODE” buttons do not work in the “COOL DOWN ” program.

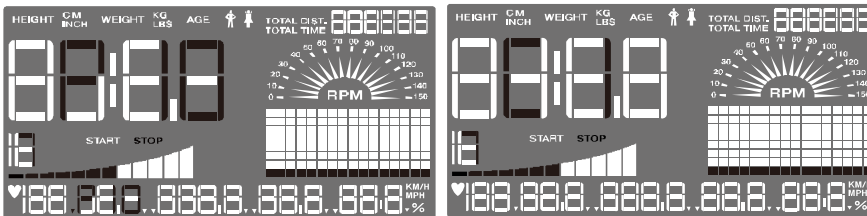
COMPUTER OPERATION

P10: C1 - C5 INDIVIDUAL CUSTOM PROGRAM

When the user selects P10 CUSTOM program and press ENTER button, C1 will display and flash on the LCD. The program can allow each user to create 5 individual custom programs and store the settings for repeated workouts. To select the program from C1 to C5, press the UP/DOWN button. Press ENTER button to confirm the selection then continue to set up.

When you've selected one custom program, the LCD will display the previous setting graphics. The maximum workout time of each user program is 60 minutes. The time will count down from the preset time.

To quit the custom program, press the STOP button twice. To start the preset program, press the START button.



Main Individual custom program

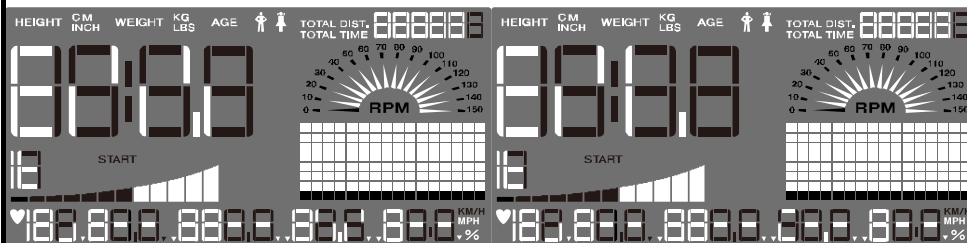
When the user selects one custom program and presses the ENTER button to set up.

To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP button" twice. At the end of the program when the target has been achieved, the computer will beep.

Press the "START" button to begin the exercise program.

To increase or decrease the WATT while exercising in the program activate status, press the "UP /DOWN " button. The target time of the program will count down from the preset time. The DISTANCE, CALORIES display will count up from 0.

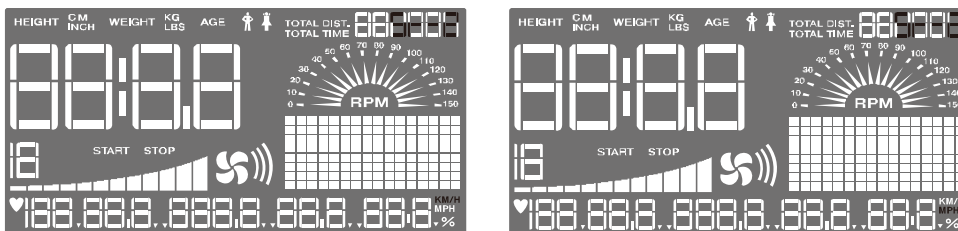
To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP button" twice. At the end of the program when the target has been achieved, the computer will beep.



Metric (KM) to English (ML) conversion

The computer display can show both English and Metric information, if you want to change from the Metric to English, Please follow the below procedure:

When the computer is in the POWER ON status. Press and hold the ENTER, UP AND DOWN buttons. The LCD will display "Sr-1". Press the UP/DOWN button to change the message to "Sr-2" then press START to confirm. Press the UP/DOWN button to change the unit between "KM/H" and "MPH" then press ENTER to confirm. Press ENTER to quit the service mode. The computer will measure the distance according to the preset unit.



COMPUTER OPERATION

Heart Rate Operation

The computer comes with EKG hand pulse sensors which can be found on the handlebars. To operate pulse rate function, place the palms of your hands over the sensors. It will take a few seconds for your pulse rate to be displayed on the console. To keep monitoring, keep gripping the sensors, if the readings are intermittent you may not have full contact with the sensors or not enough of your palm on the sensor. Remove your hand and place it over the sensor again.

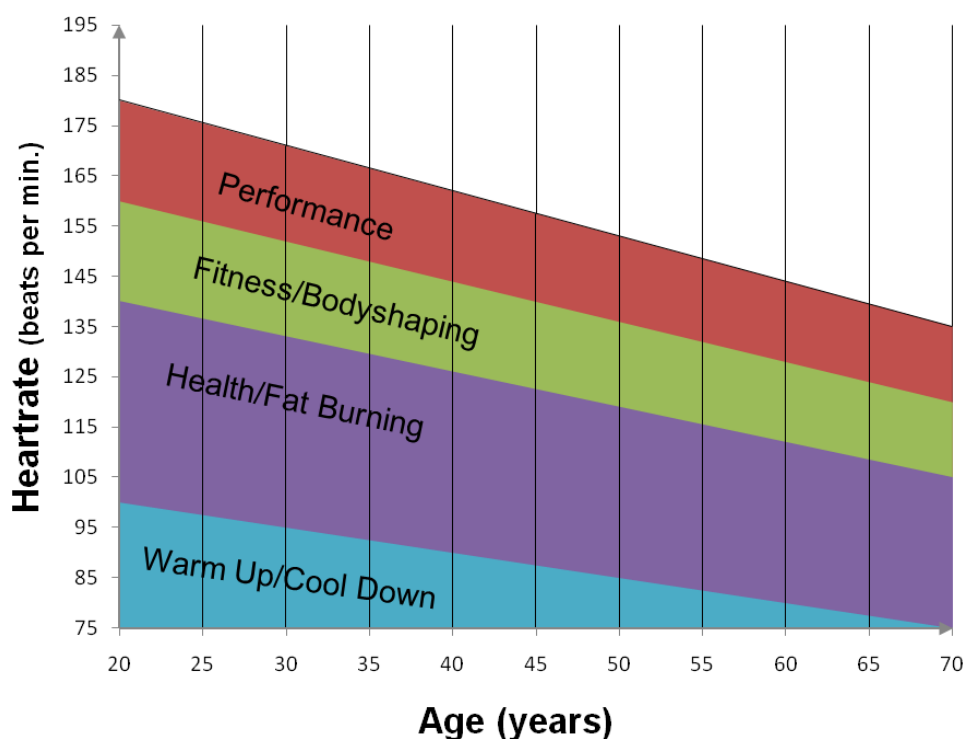
Heart Rate Training

To maximize your results from training it is essential to monitor the intensity of your workout through your heart rate.

It is imperative that you accurately determine the target pulse rate within which to train in order that you may improve your fitness at a safe, comfortable and sustainable level.

The following table is a rough guide to determine the level at which you should be exercising based upon your maximum heart rate (MHR).

Heart Rate diagram



You can calculate the target-heartrate for your training as follows:

Maximum heartrate = 220 minus age

For the different training targets you should train with the following percentage of your maximum heartrate:

Health/Fat Burning: 50 – 70% of your max. heartrate

Fitness/Bodyshaping: 70 – 80% of your max. heartrate

Performance: 80 - 90% of your max. heartrate

Example:

You are 25 years old and want to train for the target Fitness:

$$220 - 25 = 195$$

$$70\% \text{ of } 195 = 136,5$$

$$80\% \text{ of } 195 = 156$$



Your target-heartrate should be between 136,5 and 156 beats per minute.

This information is for your reference only. To determine your individual training intensity or in case

